

## Post Shorts

### Recycling schedule

The residential and recycling pickup schedule for Oct. 17 is plastic, glass and metal. Put items in blue bags and place them on the curb.



## Fall Fest this Saturday, cycle to 'End the Cycle'

The Army Community Service Family Advocacy Program encourages the community to ride their bicycles to the Fall Fest to end the cycle of violence.

Cyclists who participate will receive a special gift in recognition of their support against domestic violence.

"There's No Excuse for Domestic Abuse" states the 2007 theme.

The Family Advocacy Program will have a booth at the Fall Fest.

For more information, call ACS, 410-278-2435.

## Veterinary Clinic closings

The APG Veterinary Treatment Facility will be closed Oct. 31 for end of month inventory. For more information, call the VTF, 410-278-4604/3911.

## Well-Being Council meets Oct. 18

The next Well-Being meeting will be 9:30 a.m., Oct. 18, at the Post Chapel to discuss garrison and installation-wide issues and events.

For more information, contact Sheryl Speerstra, 410-306-4522.

## Navigating technology transfer

The 2007 Annual Meeting of the Federal Labs Consortium Mid Atlantic Region will be held 1 p.m., Oct. 22 thru 24, at Harbortowne Resort located in St. Michaels, Md.

The meeting is designed to be useful to federal, industry, academic and economic development practitioners. A training session on technology transfer will be held 1 to 4:30 p.m., Oct. 22, followed by a networking reception in the evening.

See **SHORTS**, page 4

## Issue Highlights

### APG 90TH ANNIVERSARY COMMUNITY AWARENESS DAY FALL FEST



### 90th Anniversary Fall Fest this Saturday

Celebrate 90 years of Aberdeen Proving Ground history at the 90th Anniversary Community Awareness Day Fall Fest, 10 a.m. to 3 p.m., Oct. 13.

See pages 8 and 9 for map and schedule of events.

For more information, call Doug Farrington, 410-306-0523, or Angela Keithley, 410-278-4603.

# MEA kicks off the Change a Light, Change the World campaign

DIO

This week The Maryland Energy Administration kicked off its Change a Light, Change the World campaign.

The national campaign encourages all Americans to pledge to change at least one light bulb in their home or business to an energy-efficient, Energy Star compact fluorescent light bulb.

Governor Martin O'Malley's EmPOWER Maryland Initiative challenges all Marylanders to change at least four lights in their home to CFLs. By changing four lights to CFLs, Maryland homeowners make an investment that will produce long-term savings and help the environment.

While the CFLs cost more up front,

they use one-third the energy and can last 10 times longer than incandescent light bulbs. A single CFL can save consumers \$30 or more over its lifespan. Since consumers can find these light bulbs most anywhere they buy regular incandescent bulbs, it is a simple way for any consumer to make a difference.

According to the 18Second Partnership-- whose name comes from the approximate 18 seconds it takes to replace a light bulb--if every American swapped just one incandescent bulb for an Energy Star labeled CFL, it would collectively save more than \$8 billion in energy costs, prevent burning 30 billion pounds of coal and remove 2

million cars' Green House Gas emissions from the atmosphere.

While manufacturers are improving the technology behind CFL bulbs, consumers should be aware of some limitations. For example, for outdoor lights and those with a dimmer, special CFLs should be used that are appropriate for those types of lighting. Read the package before buying a CFL bulb for a dimmer controlled fixture. Also, CFLs should not typically be used in ceiling fans.

Incandescent bulbs are known by how much power it takes to light them—a 40-watt bulb is on the dim side and uses less power; a 100-watt bulb is bright and uses a lot of juice. Energy-saving

CFLs provide much more light per watt. Look for a CFL bulb whose wattage is about one-third to one-quarter of the incandescent being replaced. For example, a CFL bulb in the 15-watt range replaces around a 60-watt incandescent.

"The least expensive kilowatt is the

See **ENERGY**, page 6



# APG receives installation award for Click It or Ticket

Story by

**HEATHER TASSMER**  
APG News

Aberdeen Proving Ground was recognized for its success during the 2007 Click It or Ticket campaign from the Maryland State Highway Administration.

Members of the APG police department and APG Garrison Command Sgt. Maj. Pedro Rodriguez attended an awards luncheon at the Baltimore Marriott Waterfront Hotel Sept. 19 where they were recognized for achieving a 95 percent seat belt compliance rate during the campaign.

The Click It or Ticket Campaign is an annual traffic safety program that is conducted from June through August



with the goal of getting drivers and passengers to use their safety belts.

Each year the APG police

participate in the Maryland Chief's Challenge, a "friendly competition between police agencies in Maryland," to see who is doing the best at safety belt promotion, said Detective Mike "Big Mike" Farlow, community policing officer/crime prevention specialist.

"The campaign is not a ticket writing competition but an awareness blitz, to insure everyone we come into contact with is aware of the dangers of not wearing a seat belt," Farlow said.

APG police and organizations throughout the post conduct two unannounced seatbelt surveys 30 days apart, he said.

"We also teamed up with the APG North Child Development Center this year, swearing

in several junior police officers who helped me and Chopper the Crime Stopper [dog] by passing out literature to parents as they arrived to drop off their children," Farlow said.

APG Fire and Emergency Services also participated in Click It or Ticket.

The APG police were recognized and have received an award for their efforts during the campaign for the past three years.

Compliance for MDSHA is 93 percent and APG had 95 percent participation this year, said Robert Krauer, director of Law Enforcement and Security.

"The APG Police Department has achieved such great success with many initiatives like Click it or Ticket because

of the cooperation and support of the community we serve," Krauer said. "The ninety-five percent compliance rate is a direct reflection of the people that live and work at APG, and it sends a positive message to the rest of our state."

Soldiers from the U.S. Army Ordnance Center and Schools have been proactive on post in support of seat belt safety not only during the annual Click It or Ticket campaign but insuring compliance of their members throughout the year.

In addition to the APG police, other military law enforcement agencies that participate are the Naval Academy Department of Defense Police, Naval Air Station and Pautuxent River DoD Police, Farlow said.

# MSRC dedicates new super computer to late genius

Story by

**YVONNE JOHNSON**  
APG News

The U.S. Army Research Laboratory Major Shared Resource Center marked the acquisition of its most powerful super computer yet by naming it in memory of a former employee and pioneer in computer technology during a dedication ceremony at building 330 Sept. 20.

John Miller, ARL director, and Charles Nietubicz, MSRC director, led the dedication of the new 1024-node Woodcrest Cluster, renamed the MJM, for Michael J. Muuss, who was killed in an automobile accident in November 2000.

Muuss was remembered as a 'genius' who presented ground-breaking technologies that are still in use today.

"Today's celebration is special because it celebrates the soul of the organization -- Michael John Muuss and state of the art technology," Miller said.

He acknowledged special



Photo by LARRY SHANK, ARL ADELPHI

Harry Reed, retired division chief of the U.S. Army Ballistic Research Laboratory, looks at images of the late Michael J. Muuss during the dedication ceremony naming the new Army Research Laboratory super computer in his honor Sept. 20.

guests Cray Henry, director, Department of Defense High Performance Computing Modernization Program Office, for his leadership in the High Performance Computing program and Harry Reed, a retired division chief within the U.S. Army Ballistic Research Laboratory, who was involved in the first two super computers for BRL.

Miller said that Muuss was an "individual who stood out and today we're proud to honor Mike and his dedication."

Dr. John Gowens, director of ARL's Computational and Information Sciences Directorate, said he knew Muuss only by reputation but that he knew he was an "innovator willing to take risks and move to the

See **ARL**, page 13

# APG opens CFC with musical celebration

Story and photo by

**HEATHER TASSMER**  
APG News

Aberdeen Proving Ground kicked off the Combined Federal Campaign with a celebration at the Post Theater Oct. 1.

APG Garrison Command Sgt. Maj. Pedro Rodriguez and Pete Leon Guerrero, CFC chairman, hosted the event.

Guerrero thanked the attendees for coming to the celebration and introduced Bill Bowman, the keynote speaker.

He said Bowman was an expert in social security and entitlements and has supervised CFC at APG for the past several years.

Bowman is deaf so a CFC representative translated while he used sign language to communicate.

Addressing the audience Bowman said, "I have a challenge for you." I want to see what your responsibilities for



Bill Bowman, Combined Federal Campaign keynote speaker, and Aberdeen Proving Ground Garrison Command Sgt. Maj. Pedro Rodriguez slice the CFC cake during the kickoff event held at the Post Theater Oct. 1.

CFC are. I am a strong believer that the people are responsible for the well-being of their communities."

He asked those who had a spouse, Family member,

neighbor or friend who needed the medical attention of the American Cancer Association or the American Red Cross to stand. He also asked those who

knew anyone that was affected by a natural disaster to stand.

Bowman asked those who knew anyone that served in Iraq to stand. Most of the attendees were standing.

Bowman said people don't always see how CFC affects people in need and provided many examples of how people

See **CFC**, page 13

# Army reaches out to support all Families with new program

IMCOM

Secretary of the Army Pete Geren and Army Chief of Staff Gen. George Casey have announced a new program to provide improved support to Army Soldiers and Families: The Army Integrated Family Support Network, or AIFSN.

The new AIFSN is for both the active and Reserve components, and is specifically designed with "geographically dispersed" Soldiers and Families in mind.

From mobilized Soldiers, to recruiters, to Families located outside reasonable driving distances to military facilities, the AIFSN will link all Soldiers, Families and employers to the Family services/programs that they need.

"Our Army must continue to examine the ever-changing needs of our Families and never cease in our effort to provide our Families a quality of life commensurate with the quality of their selfless service," Geren said. "In this era of persistent conflict, we can expect continuing deployments, and to sustain this effort, we have to eliminate the old way of supporting Families, and replace it with a system to support all Army Families with means that respond to a globally networked society communicating in mobile ways."

Celestine Beckett, Aberdeen Proving Ground director of Army Community Service, recently attended the AIFSN Basic Training Institute.

"Our Soldiers, civilians and Families are our first responsibility," Beckett said. "This training encouraged attendees to renew our commitment to address the needs of our military communities with relevant and responsive services."

"The APG ACS embraces the forward thinking of AIFSN to provide services to all customers who come through our facility," she added. "And in the tradition of ACS, we will continue to provide the best information, referral and outreach program support available."

Until now, active, Guard, and Reserve organizational structures created overlapping lines of authority with regard to programs for Army Families. Each component functioned independently in facing some funding challenges in the delivery of Family programs.

Practical examples of services under AIFSN are pre-deployment support, training for Family Readiness Groups, TRICARE information and referral, child and youth resource referral, and ID cards. The network links military and civilian agencies and leverages those services in nearby communities to ensure Army services are available to Families closest to where they live. All Army Families will have information and resources at their fingertips.

Slightly more than \$7 million has been invested in the training and technology to "jump start" the program to create uniform Family programs across components. This funding provides cross level staffing, training, and advanced technology to reach geographically dispersed Families. The AIFSN capitalizes on the use of the internet.

Services will also target new Soldiers and Families and those pending deployment. The AIFSN supports Family readiness in a time of persistent conflict by providing more consistent and uniform Family services during extended deployments of active, Guard and Reserve Soldiers.

Families will know that the Army cares and they will see the tangible evidence of that support each and every day as they link with Army assistance and support services, according to Delores Johnson, project officer for the AIFSN at the Family and MWR Command.

"It is a collective effort by the Army [active, Guard and Reserve] and a huge culture change that will yield great dividends for the Army, Soldiers, civilians and Families," said Brig. Gen. Belinda Pinckney, commanding general, Family and MWR Command.

For more information on FMWRC, visit **www.ArmyMWR.com**.



# Installation recognizes Hispanic achievements



From left, Alex Valcourt and her partner, Joanna Catalano and Andrew Stavros, and Adam Flores and his partner Skyy Gaulden perform with the rest of the Aberdeen High School Latino Dancers during the Hispanic Heritage program at the Aberdeen Proving Ground Recreation Center Oct. 2.

Story and photo by  
**YVONNE JOHNSON**  
APG News

In conjunction with the 90th anniversary of Aberdeen Proving Ground, the installation observed “90 Years of Hispanic Heritage and Military Service” during the Hispanic American Heritage Program at the APG North Recreation Center Oct. 2.

Led by Garrison Command Sgt. Maj. Pedro Rodriguez, the program included remarks by

Col. Jeffrey S. Weissman, APG Garrison and deputy installation commander, music by the 389th Army Band (AMC’s Own) Latin combo with guest musicians from the U.S. Army Ordnance Mechanical Maintenance School and dancing by the Aberdeen High School Latino Dancers led by director Mary Pena.

During the invocation, Garrison Chaplain (Col.) Ruben D. Colon reminded all to “remember our brothers in arms.”

“They are all out there sac-

rificing so we could be here celebrating our heritage, and this ceremony is dedicated to them,” he said.

Weissman welcomed all on behalf of APG commander Maj. Gen. Fred D. Robinson.

“I’m proud to be here today as we applaud the extraordinary accomplishments of Hispanic Americans,” Weissman said.

“Our program today offers a glimpse of Hispanic culture as well as ninety years of his-

tory at APG.”

A slide presentation titled “Hispanics in the U.S. Military (APatriotic Journey),” followed. The film explored prominent Hispanic leaders and achievements from the early settlement of the United States through America’s major conflicts up to the Gulf War. Highlighted were Hispanic recipients of the Congressional Medal of Honor from the Civil War to Vietnam, including two who were awarded in 2000 and 2002, nearly 30 years after the end of the war.

The guest speaker was Brig. Gen. Alberto J. Jimenez, deputy assistant adjutant general, Maryland Army National Guard.

A native of the Dominican Republic who grew up in Puerto Rico, Jimenez said the pride in heritage that can be found in Hispanic communities is much like the pride found in military communities.

“We make being a Family special just like the Army does,” Jimenez said.

“And in the Army, we learn to be part of a team, just like a Family. We share a common ground because we are a service in which the ground beneath us is basically our alma mater.”

Jimenez said that all Hispanics should be proud of and teach their children about military achievements such as the 65th Infantry Regiment, a Puerto Rican unit that distinguished itself during the Korean War.

“I was blessed that I was able to go from the fields of Vietnam to stand before you today as a general officer,” Jimenez said. “Like me, you can rise. We as Hispanics must always live by the code of doing what is right when no one is looking and educate others about our culture because America is a hodgepodge of cultures.”

Guests enjoyed a food sampling presented by La Tolteca Restarurant and the Soldiers and civilians of the Joint Personal Effects Depot led by Staff Sgt. Salcedo Cesar.

Several said they enjoyed the program and the food.

Staff Sgt. Jorge Diaz, U.S. Marine Corps Detachment, said he was most impressed with Jimenez.

“The program was great and the speaker was great,” Diaz said. “I look at him as a role model now; as someone who came from where we came from to become a general.”

“I liked the way the program was set up,” said Sgt. Maj. Juanita Kueger, 1st Area Medical Laboratory. “The general was amazing, and the music and the band were very entertaining.”

“I liked the music, I liked the food, I liked the atmosphere,” said Bill Sanchious, APG Army Substance Abuse Program, adding that he is part Cuban. “This was a great way to remind people about their heritage.”

“It takes commitment and a good committee to put togeth-

er a program such as this,” said Linda Patrick, a member of the Hispanic American Heritage Program Committee and equal employment opportunity coordinator for the U.S. Army Center for Health Promotion and Preventive Medicine.

Patrick thanked the committee members as well as all individuals and organizations that made the program possible.

“Special thanks to Joyce Kopatch and Ben Bumger of CHPPM for the outstanding exhibits and program,” she said.

Spc. Luis Rivera, a saxophone player with the 389th Army Band (AMC’s Own), put the Latino Band together for the program.

“It was just popular songs from within the Latin community,” Rivera said.

He thanked the volunteer musicians and vocalists who practiced together for only two weeks. The band members included Staff Sgt. Jeffrey Endly on saxophone, Spc. Reginald Cyntje on trombone, Spc. Matthew Smith on bass guitar, Sgt. Maj. Wilfredo Cruz, OMMS Directorate of Instruction on congas, Staff Sgt. Juan Almontdone, OMMS, on Timbales, Mitchell Ruiz, a retired first sergeant and OMMS instructor on maracas and cow bell, and Sgt. 1st Class Albert Sanchez, an Army recruiter from Fort Meade, on keyboard.

## Hispanic Congressional Medal of Honor recipients

<b>CIVIL WAR</b>		
• <i>Ordinary Seaman Philip Bazaar</i> , Navy, Fort Fisher, 1865.	• <i>Pfc. Harold Gonsalves</i> , Marine Reserves, 4th Battalion, 15th Marines, 6th Marine Division, 1945.	Honor recipient.
• <i>Cpl. Joseph H. De Castro</i> , Army, Gettysburg, Company I, 19th Massachusetts Infantry, 1863. First Hispanic-American Medal of Honor recipient.	• <i>Pfc. David M. Gonzales</i> , Army, Company A, 127th Infantry, 32nd Infantry Division, 1945.	• <i>*Pfc. Edward Gomez</i> , Marines Reserve, Company E, 2nd Battalion, 1st Marines, 1st Marine Division, 1951.
• <i>Seaman John Ortega</i> , Navy, U.S.S. Saratoga, 1864. First Hispanic Sailor Medal of Honor recipient.	• <i>Pfc. Silvestre S. Herrera</i> , Army, E, 142nd Infantry, 36th Infantry Division, 1945.	• <i>*Staff Sgt. Ambrosio Guillen</i> , Marines, Company F, 2nd Battalion, 7th Marines, 1st Marine Division, 1953.
<b>BOXER REBELLION</b>		
• <i>Pvt. France Silva</i> , Marines, Peking, China, 1900, First Hispanic Marine Medal of Honor recipient.	• <i>Sgt. Jose M. Lopez</i> , Army, 23rd Infantry, 2nd Infantry Division, 1944.	• <i>Cpl. Rodolfo P. Hernandez</i> , Army, Company G, 187th Airborne Regimental Combat Team, 1951.
<b>WORLD WAR I</b>		
• <i>*Pvt. David B. Barkeley</i> , Army, Company A, 356th Infantry, 89th Division, 1918. Recognized as the Army’s first Hispanic MOH recipient.	• <i>*Pvt. Joe P. Martinez</i> , Army, Company K, 32nd Infantry, 7th Infantry Division, 1943.	• <i>*1st Lt. Baldomero Lopez</i> , Marines, Company A, 1st Battalion, 5th Marines, 1st Marine Division, 1950.
<b>WORLD WAR II</b>		
• <i>Staff Sgt. Lucian Adams</i> , Army, 30th Infantry, 3rd Infantry Division 1944.	• <i>*Pfc. Manuel Perez Jr.</i> , Army, Company A, 511th Parachute Infantry, 11th Airborne Division, 1945.	• <i>*Cpl. Benito Martinez</i> , Army, Company A, 27th Infantry Regiment, 25th Infantry Division, 1952.
• <i>1st Lt. Rudolph B. Davila</i> , Army, Company H, 7th Infantry, 1944. First Hispanic Filipino Medal of Honor recipient. Distinguished Service Cross award was upgraded to the MOH and awarded in 1998.	• <i>Pvt. Cleto Rodriguez</i> , Army, Company B, 148th Infantry, 37th Infantry Division, 1945.	• <i>*Pfc. Eugene Arnold Obregon</i> , Marines, Company G, 3rd Battalion, 5th Marines, 1st Marine Division, 1950.
• <i>Staff Sgt. Marcario Garcia</i> , Army, Company B, 22nd Infantry, 4th Infantry Division, 1944.	• <i>Pfc. Alejandro R. Renteria Ruiz</i> , Army, 165th Infantry, 27th Infantry Division, 1945.	• <i>Pfc. Joseph C. Rodriguez</i> , Army, Company F, 17th Infantry Regiment, 7th Infantry Division, 1951.
<b>KOREA</b>		
• <i>*Pfc. Fernando Luis Garcia</i> , Marines, Company I, 3rd Battalion, 5th Marines, 1st Marine Division, 1952, first Puerto Rican Medal of	• <i>*Staff Sgt. Ysmael R. Villegas</i> , Army, Company F, 127th Infantry, 32nd Infantry Division, 1945.	<b>VIETNAM</b>
		• <i>Spc. John P. Baca</i> , Army, Company D, 1st Battalion, 12th Cavalry, 1st Cavalry Division, 1970.
		• <i>Master Sgt. Roy P. Benavidez</i> , Army, Detachment B-56, 5th Special Forces Group, 1968.
		• <i>*Lance Cpl. Emilio A. De</i>
		<i>La Garza Jr.</i> , Marines, Company E, 2nd Battalion, 1st Marines, 1st Marine Division, 1970.
		• <i>*Pfc. Ralph E. Dias</i> , Marines, 3rd Platoon, Company D, 1st Battalion, 7th Marines, 1st Marine Division, 1969.
		• <i>*Spc. 4th Class Daniel Fernandez</i> , Army, Company C, 1st Battalion, 5th Infantry (Mechanized) 25th Infantry Division, 1966.
		• <i>*Sgt. Alfredo Gonzalez</i> , Marines, Company A, 1st Battalion, 1st Marines, 1st Marine Division, 1968.
		• <i>*Lance Cpl. Jose Francisco Jimenez</i> , Marines, Company K, 3rd Battalion, 7th Marines, 1st Marine Division, 1969.
		• <i>*Lance Cpl. Miguel Keith</i> , Marines, Combined Action platoon 1-3-2, 111 Marine Amphibious Force, 1970.
		• <i>*Pfc. Carlos James Lozada</i> , Army, Company A, 2nd Battalion, 503rd Infantry, 173rd Airborne Brigade, 1967.
		• <i>Spc. 4th Class Alfred V. Rascon</i> , Army, 1st Battalion (Airborne) 503rd Infantry, 173rd Airborne Brigade, 1966. Silver Star Medal award was upgraded to MOH and awarded in 2000.
		• <i>Sgt. 1st Class Louis R. Rocco</i> , Army, Advisory Team 162, U.S. Mil-
		itary Assistance Command, 1970.
		• <i>*Capt. Euripides Rubio</i> , Army, Headquarters and Headquarters Company, 1st Battalion, 28th Infantry, 1st Infantry Division, 1966.
		• <i>*Spc. 4th Class Hector Santiago-Colon</i> , Army, Company B, 5th Battalion, 7th Cavalry, 1st Cavalry Division (Airmobile), 1968.
		• <i>*Staff Sgt. Elmelindo Rodrigues Smith</i> , (Hispanic Asian) Army, Company C, 2nd Battalion, 8th Infantry, 4th Infantry Division, 1967.
		• <i>Capt. Jay R. Vargas Jr.</i> , Marines, Company G, 2nd Battalion, 4th Marines, 9th Marine Amphibious Brigade, 1968. Note: The actual recorded recipient is Vargas M. Sando. Before Jay Vargas could receive his honor, his mother passed away. At his request, her name was engraved on the medal and added to the rolls instead of his.
		• <i>*Capt. Humbert Roque “Rocky” Versace</i> , (Puerto Rican-Italian) Army, Detachment A-23, 5th Special Forces Group, First Soldier to be awarded the MOH for heroic actions while a POW. Silver Star Medal award was upgraded to MOH and presented in 2002.
		• <i>*1st Sgt. Maximo Yabes</i> , Army, Company A, 4th Battalion, 9th Infantry, 25th Infantry Division. 1967.
		<i>*Awarded posthumously.</i>

## APG hosts 2007 Annual Fall Information Technology Expo

**RDECOM**

The Aberdeen Proving Ground 2007 Annual Fall Information Technology Expo will be held 9:30 a.m. to 1:30 p.m., Oct. 24, at the Gunpowder Club Conference Center in APG South.

Hosted by the U.S. Army Research, Development and Engineering Command Corporate Information Office and the U.S. Army Garrison APG, Directorate of Information Management, state of the art technologies will be on display from these vendors:

3M Visual Systems, Accu-Tech, ActioNet, ADC Federal, AFL Telecommunications, AKO, AMREL, AT&T Mobility, Audio Visual Innovations, Avocent, Best Buy Government, Business Machines, Capitol Cable & Technology, CDW-G, Cherry Road GT, Corporate Express, Dell, Emtec Federal, En-Net Services, EPS, F.A. O’Toole Office Systems, Force 3, GovConnect, Graybar, Electric/Corning Cable, Hampden Engineering, HP, IBM, IMC Networks, Log-Sec Corp., MBC Precision Imaging, MEDI, MPC, MSC, NEC Display Solutions, Nelson White Systems, Office Eagle, Plantronics, Raritan, Ricoh, SEIDCON, SGI, Softchoice, Sony Electronics, SPL Integrated Solutions, Tally Genicom, USA Mobility, Veterans Corp. Office Systems, Visioneer, Wright Line, World Wide Technology, Xerox and more.

The event is free to all Department of Defense, government and contractor personnel with access to APG.

Coffee and donuts and a light lunch buffet will be served.

For more information call FDAE toll-free 877-332-3976 or Chris Zukowski, RDECOM 410-436-3873, or Susan Suppa, DOIM 410-278-7598.

## Office Eagle kicks off National Disability Awareness Month

**Story by HEATHER TASSMER**  
APG News

Office Eagle recognized National Disability Awareness Month with a luau and open house Sept. 25 and 26 at Aberdeen Proving Ground.

Office Eagle, a division of Blind Industries and Services of Maryland, sells thousands of SKILCRAFT items or products made by the blind. The store employs blind and disabled workers from the local area and throughout Maryland in support of the Jarvis Wagner O’Day Act of 1938.

The JWOD program name change to AbilityOne was introduced at the General Services Administration Expo in April, and AbilityOne has the same mission as JWOD, said Rene Alonso, marketing director of Office Eagle.

AbilityOne is “a federal initiative to help people who are blind or severely disabled find employment by working for nonprofit agencies that sell products and/or services to the U.S. government,” according to the Ability-One Web site, [www.jwod.org](http://www.jwod.org).

Alonso said the luau was beneficial for several reasons.

“The purpose of the open house was to kickoff the NDEAM and get everyone familiar with the name change,” Alonso said.

Representatives from the Alliance Inc. and The Arc of Harford County attended the kickoff to inform customers and visitors about all of the programs that help those in Maryland with disabilities.

Alliance Inc. provides “rehabilitation, treatment, case management, vocational and employment services to adults and children with psychiatric, developmental and



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21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; or send e-mail to [editor@apg.army.mil](mailto:editor@apg.army.mil).

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## New employment site empowers potential job candidates

AAFES

Applying for a job with the Department of Defense’s oldest and largest exchange service is now easier than ever before thanks to an expanded, online career center.

With opportunities in retail, food service, procurement, information systems and more, the Army & Air Force Exchange Service’s revamped career center offers targeted entry-level, hourly and management opportunities that are searchable by keyword, job title, area of interest and location.

“AAFES is a worldwide military command,” said AAFES’ senior vice president of Human Resources James Moore. “As a result, we have career opportunities everywhere from the Middle East to Maine for those ready to serve what we consider to be the best customers in the world, America’s Soldiers and Airmen as well as their Families.”

The updated system allows entry-level and management applicants to quickly search and apply for available positions across the AAFES system and even check on

the status of jobs previously applied for.

Once an initial profile is complete, a “Job Agent” can be created to notify applicants of new positions that match their career interests.

AAFES’ revamped career center is available under the “AAFES employment” link at [www.aafes.com](http://www.aafes.com).

Current opportunities posted range from a part-time stocker at the Barksdale AFB BX to a Merchandise & Inventory Planner at AAFES’ Headquarters in Dallas, Texas.

“Employment at the BX or PX is much more than

just a ‘job,’ it’s a career in which people can truly make a difference,” Moore said. “We’re excited about anything that provides greater opportunities for friendly, engaging and customer-focused individuals to join the AAFES team.”

An Equal Employment Opportunity Employer that was recently named the second military spouse friendly employer in America, AAFES currently employs some 45,000 associates at more than 3,100 retail and food establishments across the globe.

## AbilityOne

From page 2

other disabilities in Maryland,” according to Alliance Inc.’s Web site, [www.allianceinc.org](http://www.allianceinc.org).

Alliance Inc. helps place individuals with disabilities in jobs and provides training to help them adjust to their new workplaces.

Jennifer McGann, a job developer with The Arc, said the kickoff event was a great idea.

“Goodwill events like this are great,” McGann said. “They help us get our name out there.”

McGann praised Office Eagle and said, the organization offers numerous opportunities for employees.

McGann said that Nicole DiSeta, an Office Eagle employ-

ee, will attend a BISM conference in Chicago for winning the BISM Associate of the Year.

Chris Spart, an Office Eagle employee, also praised Office Eagle.

“It’s a nice place,” Spart said. “I like it out here.”

A representative from BISM was at the kickoff celebration to provide information on the opportunities the organiza-

tion gives to blind or visually impaired citizens.

Office Eagle leaders presented Office Eagle workers with certificates of appreciation during the event.

For more information about Office Eagle, visit [http://bism.org/p\\_stores.cfm](http://bism.org/p_stores.cfm).

For more information about AbilityOne, visit <http://www.jwod.org>.

Visit  
APG News  
online at  
[www.  
apgnews.  
apg.army.mil](http://www.apgnews.apg.army.mil)

**POST SHORTS**

**D.A.R.E. News**

**D.A.R.E. Dance**

A Drug Abuse Resistance Education Dance assembly will be held at the Youth Center 4 p.m., Oct. 17. Attendees will see a sample of each dance that will be taught to 25 APG children this fall. Applications for the D.A.R.E. Dance program are available at CY5. Children’s applications are chosen on a first-come, first-serve basis. Those who don’t make it into the fall program will be put on a list for the spring DARE Dance.

(See D.A.R.E. preview article on the *APG News* Web site, <http://apgnews.apg.army.mil/Archive/pdf2007/Aug2307/Aug2307.pdf>, for background on D.A.R.E. Dance.)

**APG Dare Program**

Parent Orientation will be in December. Program will start in January and will be held on Thursdays at the APG North Youth Center.

The elementary school age program will be from 7:30 to 8:15 a.m. on Thursdays for 9 weeks and the middle school program will be from 3 to 4 p.m. on Thursdays for 9 weeks. The APG South Program will be planned at a later date.

The D.A.R.E. Dance Program and regular Dare programs should finish around the same time which will allow for a combined recital/graduation.

For more information, call Mike Farlow, 410-278-3609, or visit [www.dare-america.com](http://www.dare-america.com).

Cost to attend is \$300; the training session costs \$40 extra.

The FLC Awards for Excellence in Technology Transfer and the Hot Technology contest will also be featured.

For more information or to register for the conference, visit [http://www.flcmidatlantic.org/2007\\_annual\\_meeting.html](http://www.flcmidatlantic.org/2007_annual_meeting.html).

The FLC MAR consists of the states of Delaware, Maryland, Pennsylvania, Virginia, West Virginia, and the District of Columbia. Select conference sponsorships with many valuable benefits are also available. For more information, visit [http://www.flcmidatlantic.org/2007\\_annual\\_meeting\\_sponsors.html](http://www.flcmidatlantic.org/2007_annual_meeting_sponsors.html)

**RDECOM, Garrison DOIM host Technology Expo**

The U.S. Army Research, Development and Engineering Command and the U.S. Army Garrison Directorate of Information Management will host an Information and Technology Products and Services Expo 9:30 a.m. to 1:30 p.m., Oct. 24, at the Gunpowder Club in APG South. The event is open and free to all DoD, government and contractor personnel. Refreshments will be served. For more

information, call FDAE toll free, 877-332-3976.

**Register for the 2007 Combatant Commanders Workshop**

John J. Young Jr., acting under secretary, Acquisition, Technology and Logistics, and R. Paul Ryan, administrator, DoD Defense Technical Information Center, will host the 2007 Combatant Commanders Workshop, Oct. 29 and 30 at the “Lighthouse,” Center for Innovation, 8000 Harbor View Boulevard, Suffolk, Va.

The topic of the workshop is “Rapid Technical Support

for the Warfighter.” Military officers, colonels and above and civilians, GS-14 and above are eligible to attend. There is no registration fee. Workshop attendees are responsible for travel and lodging costs.

The purpose of the workshop is to improve CoCOM awareness of technology information, and align force providers technical information needs with the DTIC tools, Research and Engineering Portal, Information Analysis Centers and Scientific and Technical Information Network.

Questions, issues or suggestions can be e-mailed to the workshop coordinator at DTIC-CoComWorkshop@dtic.mil.

For more information or to register, visit Web site <https://www.enstg.com/Invitation> and enter code **20069924**.

**RAB meeting Oct. 25**

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., Oct. 25, at the Edgewood Senior Center on Gateway Road. The topic of the meeting will be an update on the Aberdeen Area Study Areas.

Board meetings are open to the public; all APG employees and citizens are invited.

For more information, call the Information Line, 410-272-8842 or 800-APG-9998.

**Sign-up for Christmas Gift Wrap Program**

Plans are underway for the annual 2007 Christmas Gift Wrap Program sponsored by AAFES and coordinated by the APG Army Volunteer Corp Coordinator. All Aberdeen Proving Ground Family Readiness groups, APG non-profit organizations, and APG volunteer activities are eligible to participate and should designate a representative.

Organization/activities interested in participating must contact Marilyn Howard, 410-278-9669, by Oct. 30 with the names and phone numbers of representatives.

All representatives must attend a mandatory meeting 10 a.m., Nov. 1, building 2754, Army Community Service.

**Give the gift of life - blood drive Nov. 30**

Support the troops by donating blood. The U.S. Army Research Laboratory will sponsor an Armed Services Blood Program blood drive, noon to 5 p.m., Nov. 30, Aberdeen North Recreation Center, building 3326. The blood drive is open to everyone.

For more information, call Patty Howell, 410-278-5217 or visit Web site [www.militaryblood.dod.mil](http://www.militaryblood.dod.mil).

**Disability Employment Training Conference scheduled**

The Federal Executive Board is sponsoring the annual Disability Employment Training Conference 8:30 a.m. to 3:30 p.m., Nov. 8. The conference is being hosted by and at the Centers for Medicare and Medicaid Services Complex, 7500 Security Boulevard, Baltimore (Woodlawn).

This one-day conference is for federal, state and local managers, supervisors, professionals, special emphasis program managers and employees, who work in the disability arena. The conference fee of \$50 includes a continental breakfast, lunch, breaks and a conference padfolio and materials.

For additional details and registration information, visit the FEB Web site <http://www.baltimorefeb.us> or send an e-mail to Baltimore.feb@verizon.net.

**Christian alternative to Halloween**

There will be a Hallelujah Harvest 6 p.m., Oct. 31, at the APG Chapel. All are welcome to join in this Family Christian alternative to Halloween. Activities include games, food and prizes.

*(Editors Note: More Shorts can be seen at [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil) under Shorts.)*

# Community Notes

**SATURDAY**  
**OCTOBER 13**  
**YOUNG MARINES**  
**HOST SPAGHETTI**  
**DINNER/BASKET**  
**BINGO**

The Jarrettsville Young Marines will host a Spaghetti Dinner and Basket Bingo, 5:30 p.m., at the Jarrettsville Manor Veterans of Foreign Wars Hall located on Morse Road. Bingo starts at 7:30 p.m. Proceeds will benefit the Young Marines’ opportunities to represent Harford County and the state, encampments, transportation and medical needs. Tickets for the spaghetti dinner and bingo cost \$15 in advance and \$20 at the door; tickets for just Bingo cost \$12 in advance and \$15 at the door; and tickets for just the spaghetti dinner costs \$5. For more information or to purchase tickets, call Maria Reich, 410-256-0280 or e-mail maria0828@comcast.net.

**VFW FLEA MARKET**

VFW Post 5337, located on 3705 Pulaski Highway, Abingdon, will hold its annual flea market, 8 a.m. to 2 p.m. Outside tables cost \$10 each and inside tables cost \$8 each. For more information or to reserve a table, call Tammy, 410-297-6964 or call VFW Post 5337, 410-676-4456.

**NATURE’S PUMPKINS**

Come search Leight Park for natural items to create a natural pumpkin. This program will be held 11 a.m. to 12:30 p.m. for all ages. Cost is \$5 and registration is required. For information, registration or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**BULL AND OYSTER ROAST**

American Legion Edgewood Service Post 17 located on 415 Edgewood Road, will hold a

Bull and Oyster Roast, 6 p.m. to midnight. Tickets cost \$30 in advance and \$35 at the door and include music, pit beef and ham, oysters on the half shell, sausage with peppers and onions, potato salad, cole slaw, dessert, beer, soda and more. All proceeds will benefit veterans and children’s programs. For more information, call Carol Carden, 443-506-6561, fax 410-612-0278, or e-mail countrycamper@mris.com.

**SUNDAY**  
**OCTOBER 14**  
**CAN YOU KAYAK?**

Come out to the Estuary Center and try kayaking. A naturalist will review the basics of flat-water kayaking and take a quick tour of the marsh. This program will be held 8:30 to 11 a.m. for ages 8 to adult. Cost is \$10 and registration is required. For information, registration or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-

2000, ext. 1688.

**SWANFEST AT SWAN FARM**

Celebrate fall at the ninth Annual Swanfest, 11 a.m. to 4 p.m., at Swan Harbor Farm located on 401 Oakington Road, Havre de Grace. Cost is \$5 per car and includes children’s activities, hand-crafted goods, entertainment, mansion tours, canoe rides, hayrides to the pumpkin patch, petting zoo, food and more. For more information, call 410-939-6767.

**CHOIR ANNIVERSARY**

The Chancel Choir of St. James A.M.E. Church located on 615 Green Street, will celebrate its Annual Anniversary 3:30 p.m. Come join the church in celebrating many years of success. For more information, call 410-939-2267.

**HARVEST HOME**

The Stewardess Board of St. James A.M.E. Church located on 615 Green Street, Havre de Grace, will

host Harvest Home, 11:30 a.m. to 3 p.m. Food for sale includes chicken sandwiches, soup and baked goods. Cost is \$6 for a sandwich and soup combo (cake and soda included in combo price) and \$3.50 for soup. Items on the White Elephant table may be purchased. Proceeds will benefit the churches’ scholarship fund and Sunday School. For more information or to place orders, call 410-939-2267.

**MEET A CRITTER**

Check out one of the live critters up close while discovering what makes that animal special. This program begins at 2 p.m. and is free for all ages. No registration required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

*(Editors Note: More calendar events can be seen at [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil) under Community Notes.)*

## Spouses Club events

### MCSC toy drive for Fisher House

The Military and Civilian Spouses’ Club is currently holding a toy drive for children who are staying in the Fisher Houses while their parents are getting medical attention at Walter Reed, Bethesda and other military medical facilities. Many of these Families have been there as long as a year.

The toy drive is taking place in time for Christmas in conjunction with the Marines’ Toys for Tots Program. Toys must be new, unwrapped and for any age child - no stuffed animals or violent games that show Soldiers being attacked. The toys will be delivered to the Marines on Nov. 5. If more toys are received than are needed, the toys will be given to dependent children of deployed Soldiers first. If there are more toys remaining, they will go to the Toys for Tots Program.

Bring donations to the MCSC October function or call Sandy Matthews, 410-272-9130, or Sonja Flanigan, 410-297-6519, to arrange drop off.

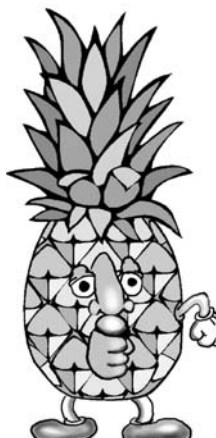
### MCSC to welcome Uschi Marin

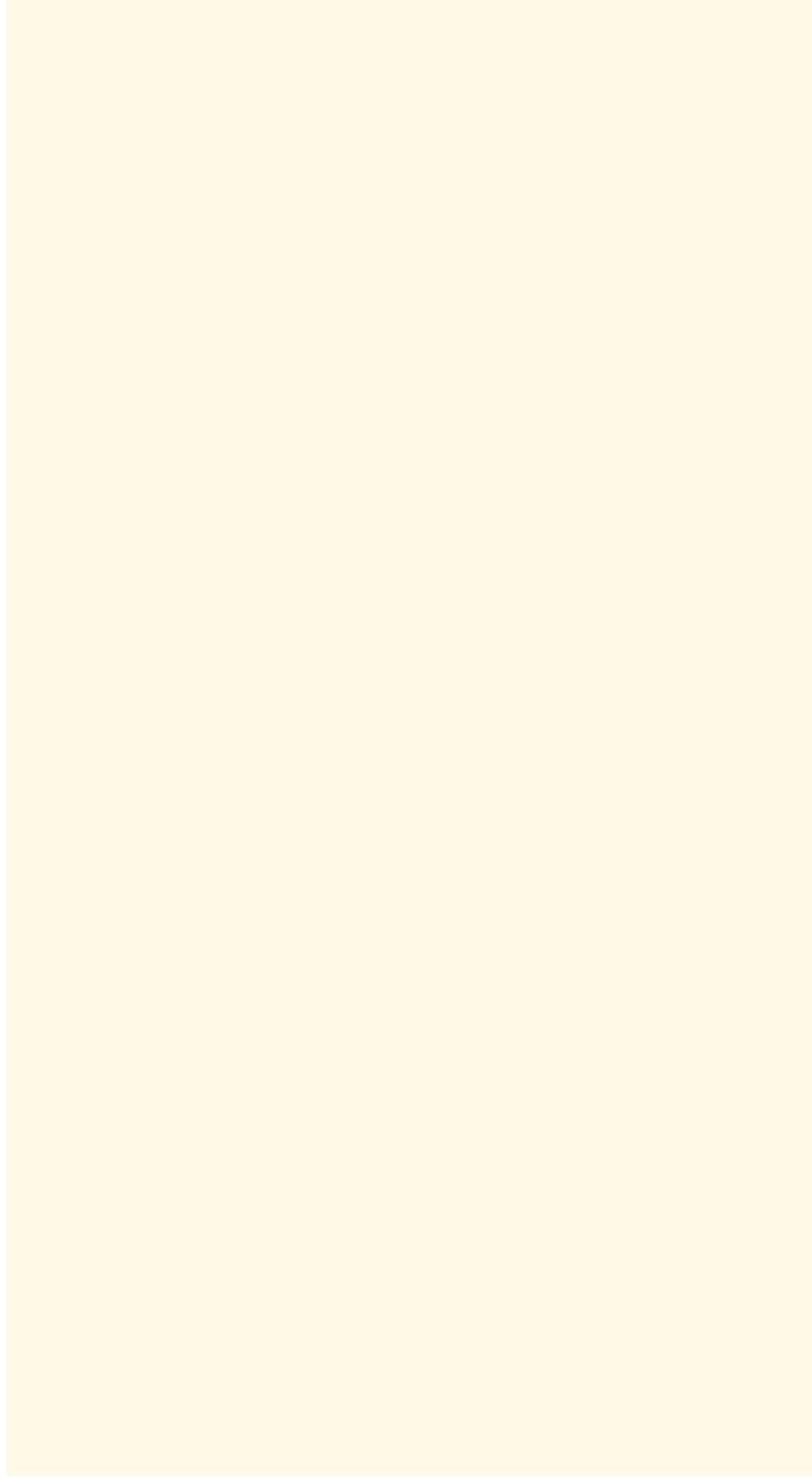
The MCSC will welcome Uschi Marin, wife of Command Sgt. Maj. Hector Marin, U.S. Army Research, Development and Engineering Command, as their newest advisor at Oktoberfest at Deutsches Gasthaus, located on 1436 South Philadelphia Boulevard, Aberdeen, 6:30 p.m., Oct. 12. There will be a German buffet and cash bar. Cost is \$17 per person (spouses are welcome to come also). RSVP by Oct. 11.

For more information, call Claire Rice, 410-734-2076.

### Membership

For information about joining the MCSC, call Dawn Kilmon, 410-297-6727, or visit [www.apgmcsc.org](http://www.apgmcsc.org) and download an application.









# Commentary: Bicycling on APG

By  
**LARRY FRIEDMAN**  
CMA

When I started my government service [career] on [APG South] in 1980, I remember that several organizations had one or a few bikes. It was not unusual to see an engineer, scientist or even a senior manager pedal a bicycle, usually with a handlebar basket, across post to attend a meeting or transport documents.

Although this is not so much the case today, gradually but noticeably, the number of people riding bicycles in both [APG South and APG North] is on the rise. The weekday mix of bicyclists includes commuters, casual riders and exercise enthusiasts.

Accordingly, most bicyclists are on the road during the morning and afternoon commutes and during lunch time. In other words, the greatest number of people riding bicycles is coincident with the greatest number of cars on the roads.

As a participant in all three groups (commuters, casual riders and exercise enthusiasts) with bicycling experience [on APG], I would like to offer some thoughts.

Foremost, all bicyclists must obey the rules of the road to be safe. The short version is that bicyclists are subject to the same rules as cars including proceeding with (not against) traffic, obeying traffic lights and stop signs, stopping for school buses and signaling turns.

In addition, bicyclists must wear helmets on APG and wear jerseys conspicuous to motorists.

Bicyclists must be [observant] to cars passing on shoulders, particularly around other cars making left turns.

And bicyclists can be issued citations, just like motorists.

I honestly must confess that the police are receiving more calls about bicyclists riding abreast, running stops and not signaling now more than ever before. Some of the complaints are legitimate, although many are from motorists exercising their intolerance.

Alternatively, motorists must learn to

share the road with bicyclists.

Like motorists, the overwhelming majority of bicyclists are law abiding but there are those who do not always obey the rules. It is inappropriate to judge all bicyclists based on the wrongful actions of a few. In fact, it is safety and mutual respect between motorists and cyclists that makes APG good riding territory. I regret that some bicyclists are not as respectful, but the first ones to correct them will be fellow bicyclists. Most of us bicyclists believe we are engaging properly in a healthy and enjoyable activity.

What can be done to alleviate the friction with the number of bicyclists on the rise due to a variety of influences (exercise awareness, population growth, cost

of fuel, etc.)?

Bicycle education needs to become more visible. I would urge our local law enforcement to publish their expectations and rules for bicyclists (and pedestrians) on the Web, in the *APG News*, and wherever else makes sense. Additionally, many motorists need to become more tolerant and respectful. It would also be good if law enforcement would make clear to motorists to share the road and for all parties to practice mutual tolerance and respect.

If you are interested in learning more about bicycling in Harford County, visit <http://www.harfordvelo.org>. For a state perspective, visit <http://www.mdot.state.md.us/Planning/Bicycle/FINALB.PDF>.

## Recapping bicycle laws on APG

DLES

The law emphasizes how motor vehicles and bicyclists should interact; too many times this does not occur. The end result of a bicycle and motor vehicle mixing is often read in the local news.

“The rules of the road are simple, however common sense should prevail,” said Joe Davis, chief, Traffic Investigation Division, Directorate of Law Enforcement and Security.

Rules of the road for the safe operation of bicycles on APG are governed by the Maryland Transportation Article, title 21, subtitle 12. In addition to the Maryland Transportation Article, bicyclists are also governed by APGR 190-5.

Title 21 enumerates certain rights and privileges to bicyclists with certain limitations. It mandates that bicyclists must obey traffic laws, consequently all rules of the road apply to bicyclists as well as normal motor vehicle traffic; for example traffic signals, stop signs and yield signs all apply to bicyclists.

The state law further outlines the method of riding a bicycle, that clutching (being pulled by moving vehicles) is prohibited and attaching a bicycle to certain items (for parking) is prohibited.

Maryland law also defines the use of lamps and bells on bicycles, prohibits the wearing of a headset and states any person under the age of 16 is required to wear an approved helmet.

APGR 190-5 actually mandates all individuals wear an approved helmet while riding a bicycle.

“Bicycles operating on APG at a speed less than the speed of traffic must ride as near to the right side of the roadway as practicable and safe, except when turning left, operating on a one way street, passing a stopped or slower moving vehicle, avoiding road hazards or pedestrians,” Davis said. “Bicyclists may operate two abreast only if the flow of traffic is unimpeded.”

Courtesy and safety is everyone’s concern.

# Group aims to reduce Army accidental loss

Story by  
**CHRIS FRAZIER**  
U.S. Army Combat Readiness/  
Safety Center

Local members of a Soldier support organization [on Fort Rucker, Ala.] met recently with the director of Army Safety to discuss how they can take a more proactive role in helping reduce Army accidental losses.

Brig. Gen. Bill Forrester,

commanding general of the U.S. Army Combat Readiness/Safety Center, told members of Army Family Team Building that the Army is still losing too many Soldiers to needless accidents such as privately owned vehicle and motorcycle crashes.

In addition to the many programs the Army already has in place to help mitigate these losses, Forrester said the USACRC is working to devel-

op a program for AFTB to use to assist in the effort.

“As part of our Army team, Families are one of our communicators for safety awareness,” Forrester said.

AFTB is a volunteer-led organization that provides training and knowledge to spouses and Family members to support the total Army effort. AFTB’s mission is to educate and train all of the Army in knowledge, skills and behaviors designed to prepare Army Families to move successfully into the future.

Currently, there are 221 active AFTB programs worldwide with more than 20,000 volunteers and paid staff. Forrester said he believes AFTB and other Family support organizations could be a force multiplier by helping turn the accidental loss arrow downward.

“Families,” Forrester said, “are a powerful influence in our Soldiers’ lives.”

## Energy

From front page

one not used,” said Maryland Energy Administration Director Malcolm Woolf. “Changing regular incandescent light bulbs to compact fluorescent lights is a quick, easy and meaningful way to make our homes and businesses more energy-efficient, thereby saving our entire state money and sustaining Maryland’s future.”

The DIO urges all APG Soldiers and civilians to start by changing light bulbs. But, don’t stop there. Many simple things can be done to save money and the environment in every home.

Remember to look for the Energy Star mark on other household products. For more information on the more than 50 types of appliances Energy Star rates for household use, visit their Web site [www.energystar.gov](http://www.energystar.gov).

For more information on CFLs, visit [www.18seconds.org](http://www.18seconds.org).



# Veterans’ Voices

## TSGLI Army, VA review: Helping Soldiers, dispelling myths

Story by  
**LT COL KEVIN V. ARATA**  
*U.S. Army Human Resources Command*

The U.S. Army along with the U.S. Department of Veterans Affairs has completed their first review of Traumatic Servicemembers’ Group Life Insurance since its start in 2005. The Congressionally-mandated insurance program has provided about \$250 million to traumatically-injured members of the armed services. Of that, about \$136 million was paid to Soldiers in the U.S. Army—more than twice the next highest service.

While those figures definitely represent success in working towards the program’s mission to provide financial help for traumatically injured Soldiers, TSGLI still faces challenges with educating service members about the program and dispelling some myths that have grown around TSGLI during its short existence.

TSGLI was created to help service members and their Families get through tough financial times that often happen when a servicemember is severely injured. Approved TSGLI claimants receive a one-time payment of up to \$100,000, based on the type and severity of the injury. That money might be the difference that allows a Soldier’s Family to stay with him or her during recovery, help with unforeseen expenses or give them a financial head start on life after recovery.

From the Army’s point of view, the program faces some interrelated challenges: ensuring that all Soldiers are aware of TSGLI, understand its purpose, and know how to file a correctly prepared claim; and decreasing the claim processing time.

The average time to process a claim from receipt at Army through payment by Office of Service Members Group Life Insurance is 30 days, according to Col. John F. Sackett, who leads the TSGLI Division under the U.S. Army Physical Disability Agency.

Sackett believes both situations can be improved through outreach educating Soldiers, healthcare providers, counselors and advocates.

“Our main focus is on determining which Soldiers are eligible to receive this payment, based on the claim they file, and then making sure eligible Soldiers receive payment as quickly as possible, so this money is available while they recover from their injury,” he said. “One of our biggest barriers is the lack of knowledge and general misconceptions that are out there regarding TSGLI. These barriers create situations where Soldiers who are not eligible file



claims; or Soldiers who are eligible file claims without supplying the required documentation allowing us to adjudicate their claim quickly.”

To reduce these barriers, the Army uses a robust outreach program including messaging, educational materials, media outreach, and a constantly updated dynamic Web site, along with numerous in-person appearances and briefings at significant military events (i.e. Army Medical Holdover Conference, AMSUS, AUSA, etc.) and repeated visits to Military Treatment Facilities such as Walter Reed Army Medical Center in Washington, D.C., and Brooke Army Medical Center in San Antonio, Texas. But more is needed, so Army TSGLI is working hard to place “boots on the ground” at major Military Treatment Facilities starting late this summer through this fall. TSGLI counselors will provide a full stance of claims assistance, medical staff and caseworker education, and extensive Soldier records procurement on behalf of the Soldier working through the Warrior Transition Units and Soldier Family Assistance Centers.

While the overall focus of the outreach program is on educating claimants and the people who care for them, specific messages have been created to help dispel five myths that have grown up around the program:

**Myth #1: TSGLI is just for combat injuries.**

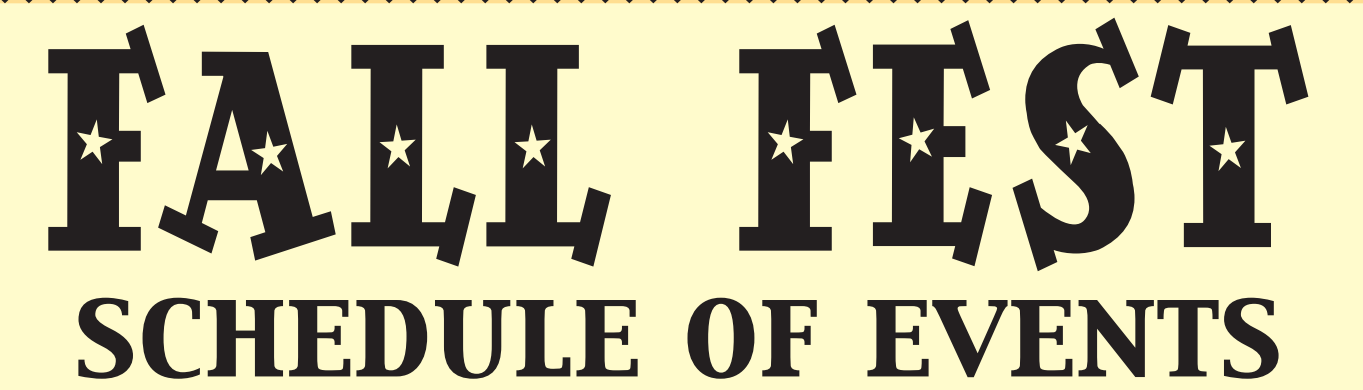
False. Any qualifying injury incurred after Dec. 1, 2005, is eligible for TSGLI coverage—regardless of whether it was in combat or not. The only exception is the retroactive program, which covers Soldiers injured beginning Oct. 7, 2001, through Nov. 30, 2005, but only if they were injured in a Combat Zone Tax Exclusion area supporting Operation Enduring Freedom or Operation Iraqi Freedom.

**Myth #2: A health care provider’s statement is all that is needed to verify a TSGLI claim.**

False. While TSGLI claims won’t be approved without a certification from a health-care provider, additional documentation must be provided to substantiate the certification. The documentation may include medical reports and tests that establish the type of injury and the time that the Soldier was incapacitated as a result. Specific information is available on the TSGLI Web site.

*See TSGLI, page 13*





**10:00 A.M.** ..... Fall Fest begins  
Sparky arrives  
Captain America arrives (10 a.m. to 3 p.m.)  
Drug-Free Pledge sign-up begins

**10:30 A.M.** ..... Fire Department demonstration  
Rolling Reader arrives

**11:00 A.M.** ..... Pet Show begins (at PX parking lot)  
Hayrides  
Extreme Entertainment, face painting and  
balloon artists (11 a.m. to 3 p.m.)

**11:30 A.M.** ..... Food Starts (Coupon for hot dog/chips/drink)

**NOON** ..... 389th Army Band begins at stage  
Smart Start Clinics begin  
(Rotation through basketball, baseball and soccer)

**12:30 P.M.** ..... Coloring contest winners announced  
90th Anniversary cake cutting  
Red Ribbon “DRUG FREE” kickoff

**1:00 P.M.** ..... Fire Department demo: car rescue

**1:30 P.M.** ..... Jujitsu demonstration (location TBA)

**2:00 P.M.** ..... Fire Department demo: kitchen fire  
Pie Contest winners announced on stage

**2:30 P.M.** ..... Car Show winners announced

**3:00 P.M.** ..... Event concludes

- APG Federal Credit Union
- APG Fire Department
- Army Substance Abuse Program
- APG Veterinary Service
- Civilian Welfare Fund
- College Savings Plan
- Community Based Nurses
- Installation Restoration Program at APG
- Kirk U.S. Army Health Clinic
- Military and Civilian Spouses' Club
- Morale, Welfare and Recreation including Outdoor Recreation, Sports, Army Community Service, APG Child Youth Services
- APG South CDC Parent Assoc.
- Aberdeen Proving Ground Ordnance Museum
- U.S. Army Center for Health Promotion and Preventive Medicine
- Post Chapel
- U.S. Army Aberdeen Test Center

# INDEX OF SYMBOLS





# GOOD TIMES ROLL FOR MONTGOMERY GENTRY CONCERT



Eddie Montgomery, left, and Troy Gentry shake things up for Aberdeen Proving Ground fans during the Army Entertainment Concert at Shine Sports Field Sept. 29.



Celebrating their nomination for Vocal Duo of the Year, Eddie Gentry, left and Troy Montgomery sing “Something to Be Proud Of.”



Story and photos by  
**YVONNE JOHNSON**  
APG News

Near perfect weather, great music and an overall good time was had by all who came out to see Montgomery Gentry, Joe Nichols and Shaunna Bolton perform for the Army Entertainment concert at Shine Sports Field Sept. 29.

Nearly 7,000 fans turned out for the Morale, Welfare and Entertainment event.

Thousands of fans sat on blankets or stood up and sang along to their favorite songs.

The Directorate of Law Enforcement and Security reported no incidents.

“Saturday’s concert resulted in no significant actions taken by law enforcement personnel,” said Maj. Joseph Darabasz, DLES Police Services Division.

“There were no apprehensions, injuries or calls for medical assistance,” he said.

Bolton opened the show with several of her original songs. She recalled her days performing in the Baltimore region before she moved to Nashville and thanked the crowd for its warm welcome.

“Baltimore was very good to me,” she said. “This was one of the best areas for me to sing in.”

Joe Nichols followed Bolton, captivating the crowd with favorites like “Tequila Makes Her Clothes Fall Off,” while teasingly hinting that there was tequila in the water bottle he was sipping from. Along with his other hits, Nichols performed songs from his latest CD, “Real Things” like “Who Are You When I’m Not Looking,” and “My Whiskey Years.”

When Montgomery Gentry took the stage fans were ready to rock, and the duo did not disappoint them. With Eddie Montgomery dressed in denim and sequins and the more low key Troy Montgomery wearing brown leather pants and a dark shirt, they gave a high energy performance featuring hits like “My Town” and “That’s Something To Be Proud Of,” that kept fans on their feet as well as current hits like “Lucky Man” and “What Do Ya Think About That.”

Noting that they have been nominated for Vocal Duo of the Year by the Country Music Association, they thanked fans for their support.

“We wouldn’t be where we are without you,” Montgomery said, adding that they were proud to have performed for troops in Iraq earlier this year.

“It’s always an honor to play for our men and women in uniform,” Gentry said.

Fans said they had a good time.

“I just loved it,” said Ashley Weaver, 19, of Aberdeen. “I’m definitely a fan and would love to come back [to APG] for more.”

“It was amazing,” added Montgomery Gentry fan Brian Miller of Bel Air. “They just get better and better.”

The concert sponsors included Bud Light, Chase Bank and Diet Pepsi.

Visit [www.apgmwr.com](http://www.apgmwr.com) for upcoming events.

Shaunna Bolton sings a soft ballad from her soon-to-be-released CD.



Joe Nichols strums his guitar while singing a love song from his CD “Real Things.”



Fans race for the best spot to watch the concert after the gates open on Shine Sports Field.



Montgomery Gentry fans wave their approval during the group’s Sept. 29 performance.



# Tanks removed during construction



Photo by HEATHER TASSMER

Employees from the Directorate of Installation Operations move the tanks Aug. 29 from the Route 715 Gate. Sixteen tanks were moved to the U.S. Army Ordnance Museum yard to prepare for upcoming construction on Aberdeen Proving Ground.

## Post reminds hunters of common sense precautions

DSHE

The Aberdeen Proving Ground environmental staff is reminding on-post hunters to take appropriate common sense precautions when handling a harvested white-tailed deer.

Ralph Cardenuto, director of Safety, Health and Environment, said the Maryland Department of Natural Resources has confirmed that two deer sampled from APG

were infected with Epizootic Hemorrhagic Disease.

This is an acutely infectious, often fatal, viral disease of white-tailed deer which is endemic to the southeastern United States.

Maryland and surrounding states are currently experiencing an epidemic outbreak of EHD, for which there is no practical means of control.

EHD is not infectious to humans,

dogs or cats.

### Precautions recommended to hunters include:

- Avoid shooting or handling a deer that appears to be sick.
- Wear latex or rubber gloves when field-dressing or butchering deer.
- Remove all internal organs.
- Do not use household knives or utensils.

- Avoid cutting through bones or the spinal column.

- Always wash hands and instruments thoroughly after dressing and processing game meat.

These and other guidelines can be found in the DNR's "Maryland Guide to Hunting and Trapping" provided to all Maryland hunters when they obtain their hunting licenses.

## ARL

From front page

next level."

"My hope is that we'll be able to carry on with new advances in HPC," Gowens said. "It's a high risk vision and the kind of idea Mike would have had."

Henry added that although he'd only met Muuss twice, he remembered him as "special and a pleasure to work with."

"He was one of those people who constantly reached for a higher mark," Henry said.

He said the HPCMP supports the Army, Air Force, Navy and Department of Defense agencies and includes software application support, networking and resource management.

"It solves the hard problems," Henry said, naming smart munitions, new propellants, signature analysis, miniature "labs on a chip," aircraft store separation and weapons integration as just some of the issues tackled by super computers.

"ARL has been a tremendous asset to super computing," he said.

Nietubicz said that HPC "is an essential element of research together with theory and experimentation which supports national defense and homeland security, future combat systems and advanced technology for the Warfighter and Soldier systems.

He talked about the evolution of computer hardware and software and cyber-defense and said that the MSRC provides a high performance computing environment which is critical to tech base research that enables optimized design development and testing and minimizes life cycle acquisition costs.

Reed gave a chronological history of Army computing at BRL starting with the development of the ENIAC which began in 1938, to modern-day super computers and recalled Muuss' role in advancing new ideas.

"He came to us as an undergraduate, and he became a guiding genius for networking, computer graphics and other ARL programs," Reed said. "He was a national treasure. Networking was a huge leap for computing and Mike spearheaded that effort."

Jill Smith, director of the ARL Weapons and Materials Research Directorate, discussed high performance computing in the Army, noting that she and Muuss began work in the organization "around the same time."

Recalling his enthusiasm, Smith said, "He created a lot of work for me. We progressed together and I was lucky to work with him."

She credited development of the MRAP vehicles with advancements in modeling and simulation capabilities. She said that Muuss excelled at visualization "which can provide detailed information that can't be gained on the range."

Denise Bowman, MSRC deputy director, said that Muuss came to ARL about two years after her.

"He was very forward thinking and could really visualize where computing was going," Brown said. She said Muuss was one of the first to use parallel computing which didn't hit the mainstream until almost 10 years later.

"He solved problems and ARL and others often ended up adopting his strategies," she said.

Other speakers included Charles Kennedy, an ARL electrical engineer and a former classmate and co-worker of Muuss, and Dr. Paul Dietz, director of the Human Research and Engineering Directorate and Muuss' former supervisor.

Kennedy said that Muuss contributed in a number of areas, including computer design, graphics and operating systems, networking and interactive computing, and that he wrote one of the most widely-used programs still used around the world today, 'Ping.'

"Mike had an amazing ability to write code," Kennedy said. "He could write code the way you or I would write a letter, and he had an incredible ability to explain new concepts to people very easily. So whether he was talking to the chief scientist

or to my own children, he could adjust his level of explanation so that the listener was able to understand what he was talking about."

"The first computer Mike worked on here had a nice little sticker, 'quiet genius,'" he added. "This new machine, MJM, is of the same caliber as Mike," he said.

Dietz said that supervising Muuss was "like walking a dog with two leashes and no collar."

"It took some doing," Dietz said.

He recalled how Muuss had excelled in high school, how after he came to ARL he had them e-mailing messages in 1979, years before the rest of the world was doing it and that he received a lifetime achievement award at the age of 35.

"He was a focus and a centerpiece but he wasn't a one-man show," Dietz said. "He had good managers who knew when to manage and when to leave him alone.

"I don't think you ever came out of his company without feeling better informed or good about life," he said, adding that Muuss' death was difficult for the command and that, "We are all grateful for what we received from Mike's life. It is most fitting and proper that this super computer is being dedicated to Michael J. Muuss."

Before the ribbon cutting Muuss' sister Gretchen Frensemeier of Greensburg, Ind., thanked ARL and the ceremony's organizers for recognizing her brother.

"We really appreciate the work that went into this dedication for my brother," she said. "He means so much to us and through this his memory will be kept alive."

### MJM

The MJM is a 1,024-compute node cluster from Linux Networx with 4,096 3.0 GHz Intel Woodcrest cores for computation. The system increases the MSRC's computational capability by more than 50 TeraFLOPS. It also has 112 3.0 GHz cores (29 nodes) for login, storage and administration and 8.5 TB of memory and 260 TB of disk. The system is ranked in the top 20 of the world's most powerful computer systems.

## CFC

From front page

benefit from donations.

One of the examples he gave was that a Soldier was sent to Germany after he was injured in Iraq. His Family did not have enough money to visit him so the American Red Cross found agencies to help fund the trip.

"It wouldn't have been possible if it weren't for your generosity," Bowman said.

Another example of CFC money at work is day care services on post. Bowman said that in order for day care services to operate, they must be certified and licensed. Donations made to the American Red Cross help fund the licenses.

CFC donations fund soup kitchens and literary reading programs in Bal-

timore, Bowman said.

Bowman said he is a "personal recipient of CFC and a supporter as well."

He said that the attendees should consider how they "can make a difference in someone's life."

Rodriguez welcomed Bowman and Christopher Wilborn from Baltimore CFC headquarters.

He thanked Leon Guerrero; Nancy Sewell, CFC vice chair; CFC key workers; and the 389th Army Band (AMC's Own).

CFC was established in 1961 and is "the largest and most successful workplace charity campaign in the country," Rodriguez said.

Last year, APG raised more than \$416,000, Rodriguez said, adding that he had "great confidence" that APG will do better this year.

He said the APG Garrison's goal for CFC is 100 percent

participation.

Rodriguez discussed the meaning behind this year's theme, "Be a Beacon of Hope."

"At different times in our lives, other people made a difference by providing something we needed-a helping hand, instruction or inspiration," he said. "Any one of us may need a helping hand from time to time. Not one of us is immune to disease or crisis or tragedy. And any one of us may some day find ourselves counting on the programs and services supported by the Combined Federal Campaign."

The band played jazz music throughout the celebration to continue the lively mood.

Rodriguez and Bowman led the cake cutting ceremony and attendees watched a CFC video.

The CFC kickoff also featured a raffle in which attendees could win

various prizes.

Leon Guerrero conducted key worker training after the celebration.

Several attendees said they enjoyed the CFC kickoff.

"I like this approach very much," said Ben Bruso, an employee from the U.S. Army Research Laboratory, adding that he was a "great believer" in CFC.

Debra Jennings, an employee from the Civilian Personnel Advisory Center, said the celebration was "lovely."

"The jazz music got you in the mood and [made] the celebration lively," Jennings said.

She said that she enjoyed Bowman's speech and described it as "heartfelt."

For more information about CFC, contact Guerrero, 410-278-1399, or visit the CFC of Central Maryland's Web site, [www.cfcemd.org](http://www.cfcemd.org).

## TSGLI

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### Myth #3: TSGLI replaces a traumatically injured Soldier's income.

False. TSGLI provides one-time, tax-free payments that can help a Soldier and Family member get through short-term difficulties related to his or her injury and has no affect on regular pay.

### Myth #4: TSGLI is an entitlement to Soldiers incurring any traumatic injuries.

False. TSGLI provides an insurance benefit for one or more of a total of 44 scheduled physical losses due to external force or violence. These covered losses include ampu-

tation, burns, paralysis, brain injury or coma, loss of senses (e.g. blindness), or temporary losses of two of six activities of daily living such as eating, bathing, dressing, continence, transferring, and toileting. It does not cover Post Traumatic Syndrome Disease.

### Myth #5: TSGLI denies the first claim attempt automatically.

False. Good documentation is the key to a quick award of TSGLI. Loss schedule #1 through 43 covers losses that have a defined and measurable loss. Loss #44, the activities of daily living does not and further requires the medical provider documentation to substantiate the duration (e.g. 30, 60, 90, or 120 days) of two or more ADLs in which the Soldier was completely dependent (defined as 75-100 percent care

by another person).

By dispelling these five myths, TSGLI will be better positioned to help the Soldiers who are truly eligible for this benefit and do so in an even more timely manner.

"As claimants become better educated about TSGLI, it can't help but speed up our processes, which allows us to better accomplish our objective of helping heroes in times of need," Sackett said.

He and the outreach team rely heavily on the Web site and Web-based outreach e-tools to help in dispelling these myths and more.

"With a majority of the key information online, Soldiers or Family members trying to access the TSGLI programs benefits will better understand the eligibility and claims process. In addition, people who

care for Soldiers, such as Family members, counselors and healthcare providers, will have information tailored specifically to their particular roles in the process," Sackett said.

The TSGLI Web site has an array of features including user-friendly graphics, detailed program information, outreach materials, program statistics that detail claims and dollars paid to date; and an online discussion forum, where users can log in, post questions or comments and interact with others to share best practices and answer common questions.

For more information about TSGLI, contact the U.S. Army TSGLI service center at 1-800-237-1336, e-mail [TSGLI@conus.army.mil](mailto:TSGLI@conus.army.mil) or visit web site [www.tsqli.army.mil](http://www.tsqli.army.mil).



# CMA's 'Lewisite Ladies' breaking bonds, gender barriers

CMA

Glass ceilings and stereotypes mean little to two chemists from the U.S. Army Chemical Materials Agency.

Lucy Forrest and mechanical engineer Mary (Trish) Weiss, career federal employees, recently were awarded a U.S. National Patent for developing a technology that improves the detoxification of blister agents in mobile disposal systems.

The patent title, "Chemical Detoxification of Vesicants and Related Chemical in Mobile Disposal Systems," sounds complicated enough to make anyone's head spin, but not for Forrest and Weiss.

For four years, they worked on a four-person team to develop a patented process to break down the stubborn chemical blister agent lewisite and other arsenic-based compounds. Co-recipients of the patent are Dr. Dupont Durst of the Edgewood Chemical Biological Center, and Kevin Morrissey with government contractor Science Applications International Corporation.

As employees at CMA's Non-Stockpile Chemical Materiel Project, Weiss and Forest sought safe, cost-effective and environmentally sound ways to dispose of old chemical warfare materiel. Before their work, the Army struggled with disposal of lewisite and other arsenical compounds.

"This technology reduces operational time, which saves the government money," Forrest explained, noting that finding the most efficient solution to break down lewisite took patience. "It really took a lot of coordination to find the reagent suitable for lewisite and the destruction device. We had to find something that worked in the field as well as in the laboratory."

Weiss was responsible for applying the chemistry to a real-life disposal application. As the system manager for the Explosive Destruction System, a transportable technology NSCMP developed to destroy recovered chemical warfare materiel in a safe and environmentally sound manner, Weiss needed to prove that laboratory results translated into reality for on-site treatment.

Weiss and her colleagues successfully tested and treated lewisite and a World War II era German arsenic-based compound in the EDS, then

began a mission at Pine Bluff Arsenal, Ark., in June 2006.

Among the munitions awaiting destruction are items whose safe disposal will rely on Weiss' engineering and Forrest's chemistry innovations.

According to a National Science Foundation report, women account for only 9 percent of the engineering population. Statistics like this do not intimidate Weiss, the only female in her graduating class of 130 at North Carolina State University, where she earned her bachelor's degree, with honors, in mechanical engineering.

"I couldn't hide among my classmates. I stuck out like a sore thumb," Weiss recalled. "It was always a struggle to be taken seriously by my professors and peers, but I was never intimidated. I've always welcomed a challenge."

She continued to challenge herself academically, graduating last year from the Naval Postgraduate School, in the top 10 percent of her class, with a master's in program management.

A mechanical drafting class in high school sparked her interest in a technical career.

"I wanted to be an architect, but couldn't get into the architecture school of my choice," Weiss said. "So I decided to try mechanical engineering, and I'm glad I did."

Weiss has nearly 23 years of chemical-biological defense hardware acquisition experience with the Army. When not finding more effective ways to destroy arsenic-based compounds, she gardens, and works with the Bel Air Kiwanis Club she helped co-found.

In addition to engineering, chemistry played a vital role in developing the patented process, which Weiss said she leaves up to Forrest.

"I try not to get too involved with all that chemistry stuff," Weiss joked. "Chemists and engineers speak very different technical languages. The biggest challenge for us was learning to effectively communicate our ideas, questions and concerns to each other to integrate the laboratory work with the real-world application to the EDS. It was a great collaborative effort, but I have to admit that Lucy runs circles around me with her chemical expertise."

Forrest likes the chemical work and it shows. She serves as the task manager for monitoring,



Photo courtesy of CMA  
Chemist Lucy Forrest, left, and mechanical engineer Mary (Trish) Weiss, examine the Explosive Destruction System, a treatment technology developed by the Non-Stockpile Chemical Materiel Project, part of the U.S. Army Chemical Materials Agency, headquartered at Aberdeen Proving Ground. The two women were recently awarded a U.S. National Patent on the detoxification of blister agents. The EDS is a transportable system designed to treat recovered chemical warfare materiel.

laboratory and decontamination research support for NSCMP programs, and explained why she enjoys science and chemistry.

"I love the technical part of my job, all aspects: research and monitoring, technology reviews, quality control," Forrest said. "It is such an interesting job because nothing is the same every day, and there is always something to investigate."

According to the American Chemical Society, women make up a quarter of the chemists working within the federal government. Like Weiss, Forrest welcomes a challenge.

Forrest earned a bachelor's degree in chemistry from Lebanon Valley College and a master's in analytical chemistry from Drexel University. She brings 23 years of experience in acquisition and research and development activities with the U.S. Army to her current position. Forrest

was a member of the Women's Army Corps for two and a half years and then served as a chemical corps officer in the Army Reserve, until she retired in 1997.

Forrest occupies her personal time with Family and two dogs that keep her on her toes. A sci-fi fan, she enjoys reading, playing the piano and traveling in her limited spare time.

Weiss recently moved to another Army organization to lead a development team working on indoor and outdoor smoke devices.

Forrest plans to stay at CMA and is looking forward to retirement in the next few years.

Despite being the minority in their professional fields, both women plan to continue following their passions, dispelling stereotypes and serving as role models to other women aspiring to earn academic degrees and work in engineering and chemistry.

## 2007 Holiday mailing and shipping cutoff dates

To ensure delivery of holiday cards and packages by December 25 to domestic addresses, military APO/FPO addresses overseas and to international addresses, it is suggested that mail be entered by these recommended mailing dates.



### Domestic cutoff dates

<i>Domestic Mail Class/product</i>	<i>Cutoff dates</i>
<b>First Class Mail</b>	<b>12/20/2007</b>
<b>Priority Mail</b>	<b>12/20/2007</b>
<b>Express Mail</b>	<b>12/22/2007</b>
<b>Parcel Post</b>	<b>12/15/2007</b>
<b>DBMC Drop Ship</b>	<b>12/20/2007</b>
<b>DDU Drop Ship</b>	<b>12/21/2007</b>

### APO/FPO cutoff dates

<i>Military mail addressed to</i>	<i>Express Mail Military Service® (EMMS)1</i>	<i>First Class Mail® letters/cards</i>	<i>Priority Mail®</i>	<i>Parcel Airlift Mail (PAL)2</i>	<i>Space Available Mail (SAM)3</i>	<i>Parcel Post®</i>
<b>APO/FPO AE ZIPs 090-092</b>	<b>Dec. 18</b>	<b>Dec. 11</b>	<b>Dec. 11</b>	<b>Dec. 4</b>	<b>Nov. 27</b>	<b>Nov. 13</b>
<b>APO/FPO AE ZIPs 093</b>	<b>N/A</b>	<b>Dec. 4</b>	<b>Dec. 4</b>	<b>Dec. 1</b>	<b>Nov. 27</b>	<b>Nov. 13</b>
<b>APO/FPO AE ZIPs 094-098</b>	<b>Dec. 18</b>	<b>Dec. 11</b>	<b>Dec. 11</b>	<b>Dec. 4</b>	<b>Nov. 27</b>	<b>Nov. 13</b>
<b>APO/FPO AA ZIPs 340</b>	<b>Dec. 18</b>	<b>Dec. 11</b>	<b>Dec. 11</b>	<b>Dec. 4</b>	<b>Nov. 27</b>	<b>Nov. 13</b>
<b>APO/FPO AP ZIPs 962-966</b>	<b>Dec. 18</b>	<b>Dec. 11</b>	<b>Dec. 11</b>	<b>Dec. 4</b>	<b>Nov. 27</b>	<b>Nov. 13</b>

1. GEMMS is available to selected military post offices. Check with a local post office to determine if this service is available to the APO FPO of address.
2. PAL is a service that provides air transportation for parcels on a space-available basis. It is available for parcel post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface rate of postage for each addressed piece sent by PAL service.
3. SAM parcels are paid at parcel post postage rate of postage with maximum weight and size limits of 15 pounds and 60 inches in length and girth combined. SAM parcels are first transported domestically by surface and then to overseas destinations by air on a space-available basis.

## International cutoff dates

<i>International mail addressed to</i>	<i>Global Express Guaranteed (GXG)1*</i>	<i>Express Mail International (EMS)2*</i>	<i>Priority Mail International (PMI)3</i>	<i>First class mail international</i>
<b>Africa</b>	<b>Dec. 19</b>	<b>Dec. 12</b>	<b>Dec. 4</b>	<b>Dec. 4</b>
<b>Asia/Pacific Rim</b>	<b>Dec. 19</b>	<b>Dec. 17</b>	<b>Dec. 11</b>	<b>Dec. 11</b>
<b>Australia/New Zealand</b>	<b>Dec. 19</b>	<b>Dec. 17</b>	<b>Dec. 11</b>	<b>Dec. 11</b>
<b>Canada</b>	<b>Dec. 20</b>	<b>Dec. 18</b>	<b>Dec. 11</b>	<b>Dec. 11</b>
<b>Caribbean</b>	<b>Dec. 19</b>	<b>Dec. 17</b>	<b>Dec. 11</b>	<b>Dec. 11</b>
<b>Central &amp; South</b>	<b>Dec. 19</b>	<b>Dec. 12</b>	<b>Dec. 4</b>	<b>Dec. 4</b>
<b>Europe</b>	<b>Dec. 19</b>	<b>Dec. 17</b>	<b>Dec. 11</b>	<b>Dec. 11</b>
<b>Middle East</b>	<b>Dec 19</b>	<b>Dec. 17</b>	<b>Dec. 11</b>	<b>Dec. 11</b>

1. GXG is available to over 190 countries via an alliance with Federal Express. See a retail associate at participating locations for a complete list of countries and money-back guarantee details. or go to <http://pe.usps.com> and click International Rates and Fees, then Country Listing. Also see the March/April 2007 issue of MailPro at [www.usps.com/mallpro](http://www.usps.com/mallpro). Some restrictions apply. Free shipping supplies are available. Purchase postage online and receive 10 percent discount.

2. EMS is available to over 190 countries with delivery in three to five average business days. Guaranteed, money-back service is available to Australia, China, Hong Kong, Japan, and Korea (Republic of South). Flat-rate shipping options and free packaging are available. Purchase postage online and receive an 8 percent discount.

3. PMI is available to over 190 countries with delivery in six to 10 average business days. Flat-rate shipping options and free packaging are available. Purchase postage online and receive a 5 percent discount.

\*Average number of days may vary based upon origin and destination.





# MORALE, WELFARE & RECREATION

## Activities/Events

### Spend the day or week-end in NYC

The Civilian Welfare Fund will sponsor its annual trip to see the “Radio City Music Hall Christmas Spectacular,” starring the famous Rockettes, in New York City. Choose to spend either the day or the weekend.

The weekend trip costs \$689 for a single, \$449 for a double, \$324 for a triple, or \$308 with four people in the room. The bus will depart 9:30 a.m., Nov. 23. Price includes charter bus transportation, the ticket for the show, and hotel accommodations for a two-night stay. A \$50 per person deposit is due upon reservation.

The daytrip costs \$130 per person. The bus will depart 6 a.m., Nov. 24. Price includes charter bus, the ticket for the show, with time for shopping, sightseeing and lunch before the show.

For more information or reservations, call Angela Keithley, 410-278-4603.

### Choose Phantom of the Opera or Les Miserables

MWR Leisure Travel Services has tickets for Phantom of the Opera or Les Miserables on Broadway, 2 p.m., Oct. 13. Tickets cost \$130 each for Les Miserables or \$115 each for Phantom of the Opera. Cost includes bus transportation and admission into each play. There will be time for shopping before and after each show.

For more information or to purchase tickets, call MWR Leisure Travel Services, APG North Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR-LeisureTravel@apg.army.mil.

el@apg.army.mil.

### Piano lessons

#### Piano I

Piano lessons for beginners with no prior experience or instruction will be held 6 to 7 p.m., on Mondays, Oct. 15 through Dec. 3 (no class on Nov. 12 for Veteran’s Day).

#### Piano II

Piano lessons for students who can read music and had previous training will be held 7 to 8 p.m., on Mondays, Oct. 15 through Dec. 3 (no class on Nov. 12 for Veterans Day).

Learn to play the piano or the keyboard by mastering the basic skills required to read and play music. All equipment is provided.

Students will be responsible for purchasing the book prescribed by the instructor for the course.

Classes cost \$60 per person and will be held at the Aberdeen Recreation Center Ballroom, building 3326.

For more information or to register, call the MWR Registration office, building 3326, 410-278-4907/4621.

### Dog Obedience for Beginners

Get hands-on training and learn techniques that will help the dog respond to commands in a positive way.

Class will be held 6:30 to 7:30 p.m. every Thursday, Oct. 18 through Nov. 29 (no class Nov. 22) at the APG North Recreation Center, building 3326. Registration costs \$60.

For more information or to register, call MWR Registration office, 410-278-4907/4621, building 3326.

### Scrapbooking Crop

The Civilian Welfare Fund will sponsor a Scrapbooking Crop, 9 a.m. to 5 p.m., Oct. 20, at Top of the Bay.

For any seasoned scrapbooker or those who would like to try scrapbooking, come and “Crop Till You Drop.”

Cost is \$22 per person and includes lunch, door prizes and a goodie bag. Vendors will have items for all scrapbooking needs and a massage therapist will be available for an optional massage. A stress-free day for all with plenty of pampering.

For more information or to make a reservation, call Angela Keithley, 410-278-4603.

### Basic Auto Mechanics

Sign up for Basic Auto Mechanics classes designed to enable the student to perform maintenance on a vehicle’s engine and small engines including lawn mowers and some vehicle accessories.

Classes will be held 5:30 to 7 p.m., on Thursdays, Nov. 8, 15, 29 and 7, at the Automotive Crafts Shop, building 2379. Cost is \$45. The deadline to register is Nov. 6.

For more information or to register, call the MWR Registration office, building 3326, 410-278-4907/4621.

### Choice of shows at The Hippodrome Theater

MWR Leisure Travel Services has discounted tickets for several shows at The Hippodrome Theater, located at the France-Merrick Performing Arts Center, 12 N. Eutaw Street, Baltimore.

#### Shows include:

- “My Fair Lady,” 2 p.m., Nov. 11
- “Avenue Q,” 2 p.m., Dec.

15

- “Cirque Dreams,” 2 p.m., Jan. 26 and Feb. 2, 2008
- “High School Musical,” 2 p.m., Feb. 23, 2008; and 8 p.m., Feb. 29, 2008
- “Camelot,” 2 p.m., March 29, 2008
- “The Color Purple,” 2 p.m., May 3, 2008; 2 p.m., May 10, 2008; and 6:30 p.m., May 11, 2008.

Tickets are available for a limited time – purchase them now. Tickets range in price from \$33 to \$87. To order tickets, visit [www.eventusher.com](http://www.eventusher.com); enter the special password: 105MWRAPGMD and follow the instructions on the ordering page.

Price includes show ticket only, no transportation is provided. Open to all DoD ID card holders.

For more information, or to purchase tickets, visit the MWR Leisure Travel Office located in Aberdeen North Recreation Center, building 3326, call 410-278-4011/4907 or e-mail MWR-LeisureTravel@apg.army.mil.

### Disney High School Musical on ice

Tickets are available for Disney High School Musical: The Ice Tour, Nov. 2 through 4, at the 1st Mariner Arena, Baltimore.

For more information, call MWR Leisure Travel Services, Aberdeen Recreation Center, building 3326, 410-278-4011/4907, or e-mail [mwr\\_registration@apg.army.mil](mailto:mwr_registration@apg.army.mil).

### Do-it-yourself New York City tours

MWR has scheduled several trips to New York City

– eight hours for sightseeing, shopping, watching a Broadway matinee, venturing into China Town and more.

Trips will take place Oct. 20 or Nov. 17. Cost is \$40 per person. The bus will depart 8:25 a.m. and will return 10:30 p.m. Open to all DoD card holders.

For more information or to register, call or visit MWR Leisure Travel Services, APG North Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR\_LeisureTravel@apg.army.mil.

### Grease on Broadway

Sandy and Danny reunite once again. See Grease, 2 p.m., May 17, 2008, on Broadway. Tickets cost \$165 each and include bus transportation and Broadway play. This event is open to all DoD ID card holders. Purchase tickets in advance, or purchase tickets as a Christmas gift.

For more information or to purchase tickets, call MWR Leisure Travel Services, Aberdeen Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR-LeisureTravel@apg.army.mil.

### Tickets available for Toby’s Dinner Theatre

Toby’s Dinner Theatre has two locations: Best Western Hotel and Conference Center located on 5625 O’Donnell Street, Baltimore and 4900 Symphony Woods Road, Columbia, Md. (South Entrance Road between Route 29 and Little Patuxent Parkway). Shows are open to all DoD ID card holders.

#### Baltimore shows

Three upcoming shows include Grease, Nov. 19; Dreamgirls, through Nov. 11; and Holiday Hot Nostalgia opening Nov. 20.

Sunday through Thursday, tickets cost \$43 per person for adults and \$27.50 for children; Fridays, tickets cost \$44.75 per person for adults and \$29.50 for children; and Saturdays, tickets cost \$47.25 per person for adults and \$45.25 for children.

#### Columbia shows

Three shows include Titanic, through Nov. 11; The Sound of Music opens Nov. 15. Sunday through Thursday, tickets cost \$41 per person for adults and \$26.50 for children; Fridays, tickets cost \$42.50 per person for adults and \$28 for children; and Saturdays, tickets cost \$45 per person for adults and children.

### Lyric Opera House

The Lyric Opera House will present Playhouse Disney Live, 12:30 p.m. or 3:30 p.m., Nov. 23 and 24.

Blast off to adventure with some favorite Playhouse Disney pals including the Little Einsteins Leo, Annie, Quincy and June and more.

Limited tickets are available. Tickets cost \$42 for orchestra/box seating; \$30.50 for tier level/dress circle seating first tier; and \$19 for balcony seating. Everyone regardless of age needs a ticket to enter.

For more information or to purchase tickets, call MWR Leisure Travel Services, APG North Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR-LeisureTravel@apg.army.mil.

## Sports

### Fall Aerobics classes at the APG North Fitness Center, building 320

Fee for individual classes is \$4 per session. For more information or to set up an aerobics class for a group, contact Jeff Pettway, 410-278-9725.

#### Barbara’s step-weight aerobics, 20 sessions

Classes will be held 11:30 a.m. to 12:30 p.m., Tuesday and Thursday, Oct. 16 thru Dec. 20. (No class Nov. 22; make up class will be scheduled. Cost is \$44.

#### Joe’s cardio pump, 20 sessions

Classes will be held 5 to 6 p.m., Monday and Wednesday, Oct. 15 thru Dec. 19. Cost is \$44.

### Units are set to duke it out in November

Another Amateur Boxing Night is set for 6 p.m., Nov. 17, in the parking lot of Hoyle Gymnasium, building E-4210. The 16th Ordnance Battalion will defend its title against the 143rd Ordnance Battalion.

Tickets cost \$5 for active duty military, \$10 for civilians and \$20 for ringside seats. Admission is free for children age 6 and younger. The event is open to the public. Doors open at 4 p.m.

The event will be held inside the gym in case of inclement weather.

Purchase tickets at MWR Leisure Travel Services building 3326, 410-278-4011/4907 or Hoyle Gymnasium, 410-436-3375/7134.

### Senior Golf special

Ruggles Golf Course is offering a Senior Golf Special to golfers age 55 or older: play Monday through Thursday until 2:30 p.m. for \$33. This special may not be used with any other discounts. Tee time registration is recommended.

For more information, call 410-278-4794 or e-mail [david.correll@us.army.mil](mailto:david.correll@us.army.mil).

### Fall, winter leagues forming

Bowlers don’t have to be good to have fun. All leagues are based on a handicap system. Teams establish a handicap after they bowl the first three games. Handicaps are 90 percent of 200.

**Wednesday Mixed** will start at a time to be determined. Teams include two men and two women.

**Friday Fun Bunch** includes three men and one woman, three women and one man, or two men and two women. The cost and start time will be determined.

**APG Youth Bowling** still has openings for youths ages 5 to 21. Bowl every Saturday at 9:30 a.m. Cost is \$6.

**Tuesday Intramural** meets 5 p.m., Jan. 8 and starts Jan. 15. Cost is \$6 per person per week for 10 weeks. Trophies are awarded at the end of the league.

Lunch is served daily. Weekly lunch specials are advertised in the APG News every week.

For more information, call the APG Bowling Center, 410-278-4041.

## Pennsylvania Renaissance Faire tickets available

Tickets are available for the 2007 Pennsylvania Renaissance Faire, located on 2775 Lebanon Road, Manheim, Pa.

Tickets cost \$26.50 each for adults and \$9 for children ages 5 through 11. The Renaissance Faire will be held on weekends through Oct. 28.

For more information or to purchase tickets, call the MWR Leisure Travel office, Aberdeen Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR-LeisureTravel@apg.army.mil.

## Maryland Renaissance Festival tickets available at MWR

Discount tickets for the Maryland Renaissance Festival cost \$14 for adults ages 16 and older and \$7.75 for children ages 7 to 15. Prices at the gate cost \$18 for adults and \$8 for children.

The festival is open weekends, 10 a.m. to 7 p.m., through Oct. 21. The Maryland Renaissance Festival is located on 1801 Crownsville Road in Annapolis. Handicapped parking is available next to the main gate. When entering the parking lot, follow the signs to the designated handicapped parking area.

For more information or to purchase tickets, call 410-278-4907/4011.



## Upcoming Civilian Welfare Fund events/trips

- Oct. 20** - Scrapbooking Crop at Top of the Bay
- Nov. 9 thru 12** – Trip to the Grand Canyon by railway
- Nov. 23 thru 25** – A weekend in New York City to see Radio City Music Hall Christmas Spectacular with hotel accommodations
- Nov. 24** – Trip to New York City for the Radio City Music Hall Christmas Spectacular
- Dec. 1** - Ice skating, 5:45 p.m. to 7:45 p.m., at Ice World is free to APG military, civilians, contractors, retirees and their Families. A limited number of tickets are available. Reservations should be made in advance. Skate rentals are not included.

For more information or to make reservations, call Angela Keithley, Civilian Welfare Fund Office, 410-278-4603/4771.

## Sign up for Christmas Gift Wrap Program

Plans are underway for the annual 2007 Christmas Gift Wrap Program sponsored by AAFES and coordinated by the APG Army Volunteer Corp Coordinator. All Aberdeen Proving Ground Family Readiness groups, APG non-profit organizations, and APG volunteer activities are eligible to participate and should designate a representative.

Organization/activities interested in participating must contact Marilyn Howard, 410-278-9669, by Oct. 30 with the names and phone numbers of representatives.

All representatives must attend a mandatory meeting 10 a.m., Nov. 1, building 2754, Army Community Service.



## ACS upcoming events

**All scheduled events will be held at the Army Community Service Center, building 2754, Rodman Road unless otherwise noted.**

The ACS Employment Readiness Program in partnership with Aberdeen Proving Ground Federal Credit Union and Harford Community College Small Business Development Center will sponsor *Smart Start Your Business seminars*. This free 90-minute orientation program provides an overview of the ways to start a business, the skills and duties of a successful entrepreneur and how to write a strategic business plan. Other services offered by the SBDC will also be discussed.

Seminars will be held 11:30 a.m. to 1 p.m. Oct. 31 and Nov. 14.

For more information or to RSVP, call 410-278-9669.

**The Waiting Families Support Group** is scheduled for 6 to 7 p.m., Wednesdays, at ACS, building 2754 Rodman Road. This group is designed to provide resource information to assist spouses and Family members remaining behind while the military sponsor serves on unaccompanied tours, extended TDY, or deployments.

Meetings will be held Oct. 17, Nov. 14 and Dec. 5.

For more information, call Marilyn Howard, ACS, building 2754 Rodman Road, 410-278-9669/7572.

A *Support Group for Survivors* meets 6 to 8 p.m. each Tuesday. The topic is “Talking

it Out.” The support group is open to adults affected by unhealthy relationships including domestic and/or sexual violence.

A *Support Group for Adult Survivors of Sexual Abuse* will meet 11 a.m. to 1 p.m. on the second Wednesday of each month. “Let’s Talk About It” provides emotional support, begins the healing process and shares experiences and resources.

**Family Information Network Meeting, or FIN**, support group meets 11:30 a.m. to 1 p.m., the second Wednesday of the month. It is designed to provide education, information and support to those Families who are living with or caring for an exceptional Family member.

**Total Army Sponsorship Training** Sponsorship Training will be held 1 to 3 p.m., Oct. 17.

#### Newcomers Orientation

The Relocation Readiness Program will hold its quarterly Newcomers Orientation, 1 to 3 p.m., Nov. 7, at the APG North Recreation Center, building 3326. ACS and representatives from various on- and off-post service and support agencies will be on hand to answer questions. Literature and door prizes will be distributed.

To register, contact ACS, 410-278-7272 or e-mail the Relocation Readiness Program manager, [phyllis.ethridge@apg.army.mil](mailto:phyllis.ethridge@apg.army.mil).

**Victim Advocacy APG 24-Hour hotlines: Domestic Violence-410-652-6048; Sexual Assault 1-410-322-7154.**

## APG Bowling Center Snack Bar specials

Building 2342

### Week of Oct. 9

- Special #1: Grilled cheese, chicken noodle soup, one cookie and soda for \$5.25.
- Special #2: Three cod strips, French fries, one cookie and soda for \$6.95.

### Week of Oct. 15

- Special #1: Turkey sub with cheese, mayonnaise, lettuce, tomato, pickles, onions, potato chips, one cookie and soda for \$5.75.
- Special #2: Two hot dogs, French fries, one cookie and soda for \$4.35.

For more information or to place an order, call 410-278-4041. Orders must be placed before 10:30 a.m.







# Making KUSAHC healthcare appointments online

Kirk U.S. Army Health Clinic

**Tricareonline.com**, or TOL, offers Department of Defense beneficiaries, managers and providers an array of interactive features and capabilities that are accessible 24/7 from any laptop or personal computer anywhere, said Lt. Col. Larry Patterson, deputy commander of Administration for Kirk U.S. Army Health Clinic.

Some features available to beneficiaries include a Personal Health Journal, Symptom Checker and Rx Checker. There are 18 million pages of consumer health information, disease management tools, plus TRICARE claim and benefit information.

One of the initiatives

implemented through TOL is TRICARE Prime Appointment Scheduling. Patients are able to schedule an appointment after midnight for the next day's appointment. For optometry appointments, patients should still call the KUSAHC Call Center, 410-278-5475.

Other features include being able to order prescription refills or renewals.

TRICARE Online is one of the most significant changes in the Military Health System since the creation of TRICARE itself, Patterson said.

All TRICARE patient, provider and manager transactions are routed through a secure electronic portal. By linking 8.7 million beneficiaries, man-

agers and providers, TOL is the largest Web-based program in military or civilian healthcare.

Patterson said that the program was designed to be intuitive and easy to navigate, even for new Internet users.

"This sophistication of the style, features and capabilities has moved TRICARE to a new level. Provider and beneficiary responses have exceeded expectations," Patterson said.

After registering, beneficiaries may begin to utilize the TOL features, such as making online appointments.

"There is a wealth of information at your fingertips," he said.

For more information, visit [www.tricareonline.com](http://www.tricareonline.com).

# Armed Services Blood Program calls for AB blood donors

U.S. Army Medical Command

The Armed Services Blood Program is asking all AB donors to come forward and give blood.

AB donors, as universal plasma donors, possess a unique gift and therefore play a vital role in saving lives. Many do not know that group AB blood is a critical component used to treat patients during times of urgency.

**Facts**

Less than four out of every 100 people in the United States have group AB blood.

Trauma surgeons have noted increased survival rates when plasma is used at the earliest stages of treatment.

The universal plasma is group AB so it can be given to anyone in an emergency.

"We are asking all eligible AB donors within the military community to please give blood," said Commander Michael C. Libby, director of the Armed Services Blood Program. "Our surgeons need this plasma as they fight to save the lives of our men and women in uniform."

"Take an hour of your time and donate group AB blood today. By donating, you help increase the chance of survival for injured service members," he said.

When blood is donated, it is generally separated into three life saving components—plasma, platelets and red blood cells. That means one donor could save up to three lives for each donation.

While group AB plasma can be given to anyone, it is always best for a patient to receive his or her exact blood type. As soon as a patient's blood type is confirmed, group-specific blood

products are used. Matched group blood is also used for the many planned medical procedures that occur every day. Because blood is perishable, blood donors of all types are in high demand to meet the needs of the military community.

Donors can search for locations at [www.militaryblood.dod.mil/WhereToGive](http://www.militaryblood.dod.mil/WhereToGive).

**About the Armed Services Blood Program**

Formally established as the Military Blood Program in 1952 by Presidential Order as part of the National Blood Program, today's Armed Services Blood Program consists of approximately 81 blood banks and blood donor centers worldwide, including 21 Food and Drug Administration licensed blood donor centers.

The Armed Services Blood Program Office is a joint health agency charted to monitor the implementation of blood program policies established by the Assistant Secretary of Defense (Health Affairs) and to coordinate the blood programs of the military services (Army, Air Force, and Navy) and the unified commands.

The U.S. Army Surgeon General, on behalf of the Secretary of the Army, serves as the executive agent for the ASBPO for administrative support and staff supervision. The Joint Chiefs of Staff, by Memorandum of Understanding, are responsible for the review and provision of guidance in all matters regarding blood support in joint operational planning. The ASD(HA) provides policy guidance to the ASBPO. All of the ASBP components function together to successfully operate the military blood program.

# Skin exams can dramatically increase survival rates

Skin Cancer Foundation

Recent research shows that when detected early, the survival rate for patients with melanoma is nearly 99 percent.

However, the research also shows that survival rates may be as low as 15 percent if the disease is not detected in its early stages.

Regular skin checks are a simple and easy way to catch skin cancer before it is too late.

"After the summer, when people might have experienced sun damage, is a good time to visit a dermatologist to get a skin exam," said Perry Robins, MD, president of The Skin Cancer Foundation. "Most people don't realize that an annual visit to a dermatologist should be a part of their regular health routine - just like getting a yearly physical."

In addition to an annual professional total-body skin examination, The Skin Cancer Foundation recommends monthly skin self-exams.

Studies have shown that the majority of melanomas are spotted by patients. In fact, they may detect melanoma more than twice as often as physicians do.

Research has shown that skin self-exams can lead to 42 percent fewer deaths.

Combined with a yearly skin exam by a doctor, a self-exam is the best way to detect the early warning signs of skin cancer. The key is to look for any new growths or skin changes.

**Performing a skin cancer self examination**

Gather a bright light, a full-length mirror, a hand mirror, two chairs or stools and a blow-dryer.

Examine the head and face, using one or both mirrors. Use a blow-dryer to inspect scalp.

Check hands, front and back, including nails. In a full-length mirror examine elbows,

arms and underarms.

Focus on the neck, chest and torso. Women should check under their breasts.

With back to mirror, use a hand mirror to inspect back of neck, shoulders, upper arms, back, buttocks, legs.

Sitting down on one chair with leg propped up on the other, check legs and feet, including soles, heels and nails. Use the hand mirror to examine genitals.

**The warning signs:**

\* **A skin growth that increases in size and appears pearly, translucent, tan, brown, black or multi-colored**

\* **A mole, birthmark, beauty mark or any brown spot that:**

- changes color
- increases in size or thickness
- changes in texture
- is irregular in outline
- is bigger than 6 mm (1/4 inch), the size of a pencil eraser
- appears after age 21

\* **A spot or sore that continues to itch, hurt, crust, scab, erode or bleed**

\* **An open sore that does not heal within three weeks**

Remember to be mindful of time spent in the sun, make sure to use an SPF 15 sunscreen or higher every day and follow The Skin Cancer Foundation's other prevention tips at [www.skincancer.org](http://www.skincancer.org) or call 1-800-SKIN-490.

**The Skin Cancer Foundation**

The first organization in the United States that committed itself to educating the public and medical professionals about sun safety, The Skin Cancer Foundation is still the only global organization solely devoted to the prevention, detection and treatment of skin cancer. The mission of the foundation is to decrease the incidence of skin cancer through public and professional education and research.

# Darker days bring darker moods: understanding depression

U.S. DoD Military Health System

As the season changes and the days get shorter, some people develop symptoms of depression.

Sadness and lack of energy and motivation are not a normal part of the transition to fall and winter; however, studies show an increase in these symptoms during darker months.

This could be one of the reasons October is National Depression Education and Awareness Month.

Days with less sunlight can lower brain serotonin levels affecting mood and behavior. Depression can come in different forms exhibiting many different symptoms.

Major depressive disorder is the leading cause of disability in the United States for those ages 15 to 44 and affects approximately 14.8 million American adults, according to the National Institute of Mental Health. Yet, major depression is a remarkably treatable disorder and the great majority of people who receive treatment overcome the illness and return to normal lives. Depression is a recurring condition, so paying attention to its symptoms and seeking prompt medical

care are a must.

Dysthymia is sometimes referred to as low-grade or mild depression and can easily go unrecognized by the sufferer. Family and friends for long periods of time. They can usually manage their lives and don't exhibit symptoms to the degree of people with major depression. Those with dysthymia complain of general lethargy and lack of energy. Their appetite may be abnormal; they either have little desire to eat, or they overeat. They may complain of feeling stressed.

**Symptoms**

Some symptoms of depression include: sadness, sleep disturbance, appetite change, lack of energy, loss of motivation, slowed pace, increased anxiety, poor concentration, loss of self confidence and thoughts of suicide.

**Getting help**

Occasionally feeling depressed is normal. Everyone has days when they feel low, irritable or sad. These moods usually last a few days and disappear. When symptoms come more often, last longer and become harder to get rid of, sufferers should consider being screened for depression. The Department of Defense

supports the Mental Health Self-Assessment Program, a confidential screening test located at <https://www.militarymentalhealth.org>.

Non-active duty TRICARE beneficiaries may receive the first eight behavioral health care outpatient visits per fiscal year (Oct. 1 through Sept. 30) from a TRICARE provider without a referral or authorization. To view the TRICARE Behavioral Health Brochure, visit <http://www.tricare.mil/tricaremart/product.aspx?id=474&CID=84&RID=1>.

Depression is an illness with its own signs and symptoms. The good news is, depression is treatable and there are many effective methods of controlling it. Those suffering from depression can be optimistic about recovering and leading normal lives.

**Other depression Web sites**

- <http://www.psych.org/>
- <http://www.nimh.nih.gov/index.shtml>
- <http://www.militaryonesource.com/skins/MOS/home.aspx>
- <http://www.usuhs.mil/psy/CourageToCarePatient-FamilyDepressionFactSheet.pdf>

# Traumatic Stress Center research critical in the face of disaster

Story by  
**JEAN HOGUE**  
TRICARE Management Activity

Extensive research by organizations such as the Center for the Study of Traumatic Stress has proved to be invaluable when it comes to military and civilian mental health preparedness—particularly in the wake of disasters ranging from 9-11, the tsunami in Southeast Asia and Hurricane Katrina.

The nation's increasing concern about mental health issues has brought the CSTS to the forefront of post-traumatic stress disorder research. Since its establishment in 1987, CSTS has become a key player in the United States' efforts to help disaster victims, first responders and military personnel cope with the effects of traumatic events.

"This program not only assists our nation when responding to trauma, but prepares us for future disasters," said Army Maj. Gen. Elder Granger, deputy director, TRICARE Management Activity. "Combating traumatic stress is imperative in today's health care."

In the aftermath of Hurricane Katrina, CSTS helped officials in Houston, Texas, prepare to receive the large influx of survivors and assisted Substance Abuse and Mental Health Service Administration personnel returning from hurricane relief efforts. The center provided post 9-11 consultation to the New York State Governor's Office, New York City Mayor's Office, U.S. Department of Health and Human Services, national capital area response teams, the U.S. Department of Defense, the U.S. Department of State, the National Institutes of Health, the Department of Veteran's Affairs, the American Red Cross and the North Atlantic Treaty Organization among others.

CSTS is located at the Uniformed Services University of the Health Sciences in Bethesda, Md. Directed by Robert Ursano, M.D., Department of Psychiatry, it offers programs in education, consultation and training; crossing military and civilian lines. These

programs benefit many victims including: children and adolescents, primary victims, community response teams and Soldiers and their Families.

"Disasters are an all too common part of modern life," Ursano said. "The effects of tragedy on ourselves, our loved ones and our nation requires attention to mental and behavioral health needs."

The center investigates vulnerability to stress and the impact of trauma on the brain in laboratory and field-based research. It has studied more than 20,000 victims, creating an extensive database on psychological, social and behavioral consequences of exposure to trauma. Its unique studies in terrorism, bioterrorism and the effects of weapons of mass destruction have proven an invaluable resource in military and civilian preparedness alike. In addition to making recommendations to government agencies, center researchers and educators have written numerous books and articles available to the public.

The center also researches the impact on disaster and rescue work done by first responders and health care providers in such cases as the Sioux City, Iowa, 1989 airline crash and provides consultation to local response organizations on the psychological and behavioral effects of trauma.

CSTS has created fact sheets that are broadly distributed as educational resources to improve well-being, stress management, treatment and recovery. The fact sheets and more information are available by visiting the CSTS Web site, [www.centerforthestudyoftraumaticstress.org](http://www.centerforthestudyoftraumaticstress.org).

**Other helpful sites**

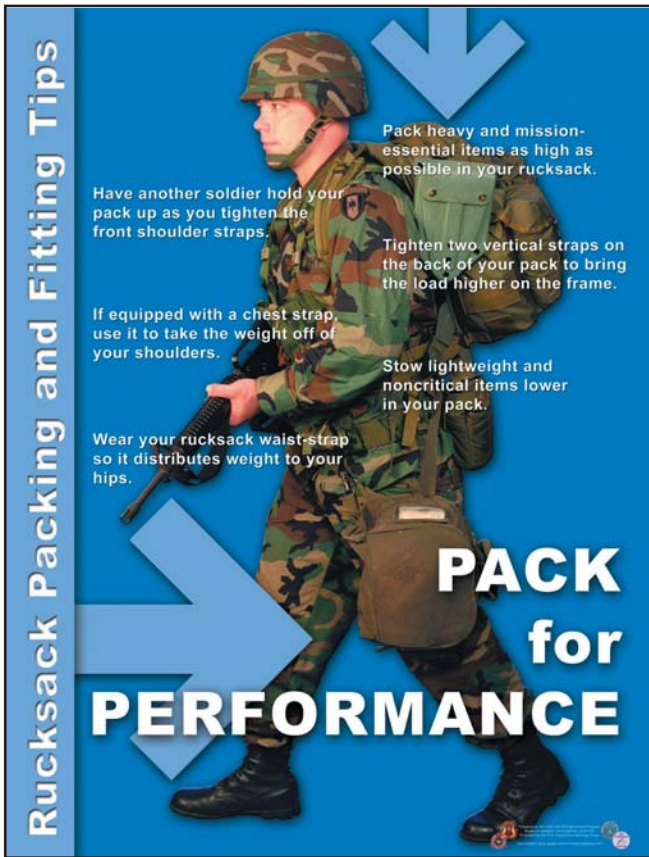
- [www.psych.org/disasterpsych/pdfs/apadisasterhandbk.pdf](http://www.psych.org/disasterpsych/pdfs/apadisasterhandbk.pdf)
- [www.psych.org/disasterpsych/pdfs/childrenmilitaryfamilies041003.pdf](http://www.psych.org/disasterpsych/pdfs/childrenmilitaryfamilies041003.pdf)
- [www.psych.org/disasterpsych/pdfs/copingwithanxietyduringhighalerts021203.pdf](http://www.psych.org/disasterpsych/pdfs/copingwithanxietyduringhighalerts021203.pdf)
- <http://www.psych.org/disasterpsych/links/whendisasterstrikes.cfm>

Story by  
**LT COL MYRNA CALLISON**  
CHPPM

October is National Ergonomics Month, a time to remind people—no matter where they live or work—that professionals in the field of ergonomics have been striving for more than 50 years to improve the safety, performance and comfort of human beings.

To learn more about how ergonomics can make a difference in your life, visit the Army Ergonomics Program at <http://usachppm.apgea.army.mil/ergopgm/> or the Department of Defense Ergonomics Working Group at <http://www.ergoworkinggroup.org/>. Order free posters, download fact sheets, sign up for training programs or request an assessment.

Make a commitment to providing more productive, comfortable and effective work and home environments.





# Chapel News

## PWOC holds craft day Oct. 16

Protestant Women of the Chapel will hold a fall craft day, 9:30 a.m. to noon, Oct. 16, at the Main Post Chapel in Classroom 3. Join the PWOC for some fellowship and go home with fall themed straw wreaths or hats that can be used as a decoration in the home. Supplies and child care are provided. Please RSVP to the chapel, 410-278-4333.

## Chapel holds Oktoberfest social Oct. 27

This month's social will feature Oktoberfest, 6 p.m., Oct. 27, with German bratwurst, knockwurst and more at the Main Post Chapel. The chapel will furnish wurst (sausage), rolls and beverages; participants are requested to bring a choice of vegetable, salad/dressing or dessert. RSVP is required with the number of people attending and type of dish.

For more information or to RSVP, call Connie Richardson, Catholic pastoral coordinator, 410-676-0179 or e-mail car0992@comcast.net.

## Christian alternative to Halloween

There will be a Hallelujah Harvest 6 p.m., Oct. 31, at the APG Chapel. All are welcome to join in this Family Christian alternative to Halloween. Activities include games, food and prizes.

For more information, call 410-278-4333/3976.

## Women of Grace Ministry

Women of Grace Ministry meetings, an APG Gospel service, will be held 7 p.m., on the first Friday of each month, APG North Chapel, classroom 4. The book "Con-fident Women," by Joyce Myers will be read. All wo-men are invited to attend.

Childcare will be provided upon request.

The Women of Grace Ministry will meet 10 a.m., Oct. 13, at the APG North Chapel for a fellowship gourmet tea and brunch. All women are invited to enjoy fellowship and fun – design a hat and win a spa basket. Guest speaker will be Minister Eva Mims of the New Destiny Evangelist Church, Edgewood. This event is free.

For more information or to register, call Renata Weaver, 410-272-6583.

The Women of Grace Ministry meet 10 a.m. the second Saturday of each month at a location to be announced.

For more information, call Renata Weaver, 410-272-6583.

## Catholic Women of the Chapel

CWOC invites all women to the first Friday of the month

gatherings 10 a.m. and Monday evenings, 6:30 to 8:30 p.m.

All meetings are held at the Main Post Chapel Fellowship Hall.

For more information, call Cathy Day, 410-937-2617, Kathleen Santana, 410-273-7358, Librada Peters, 410-864-8815 or Bernadette Kovalsick, 410-322-5206.

## Gospel Children's Church/Sunday School

Children's Church is conducted every Sunday during the noon Gospel Worship Service at the Main Post Chapel. All are welcome.

Children and adults are invited to attend Gospel Sunday School 11 a.m. to noon at the Main Post Chapel.

For more information, contact Clarence Weaver, 443-567-8934.

Volunteers are always welcome and training will be provided.

For more information on Religious Education Chapel Programs, call Gerri Merkel, DRE, 410-278-2516.

## Protestant Adult Bible Study

Protestant Adult Bible Study is held every Sunday, 9 to 9:50 a.m. at the Main Post Chapel.

## Protestant Children's Church

PCC is conducted every Sunday during the 10:15 Protestant Worship Service in the Fellowship Hall at the Main Post Chapel. All are welcome.